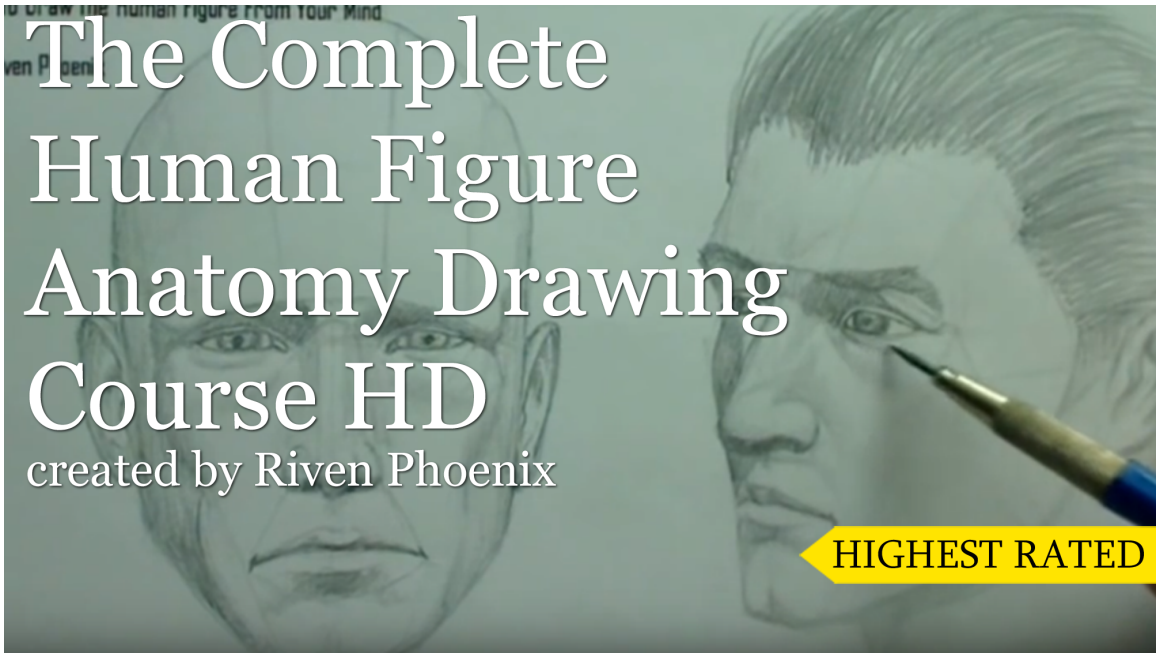

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 124 - The Muscles of The Torso - Part 5

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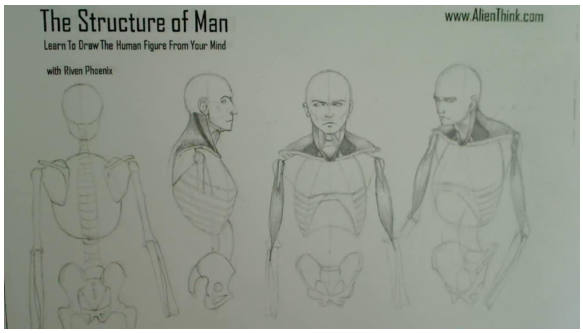
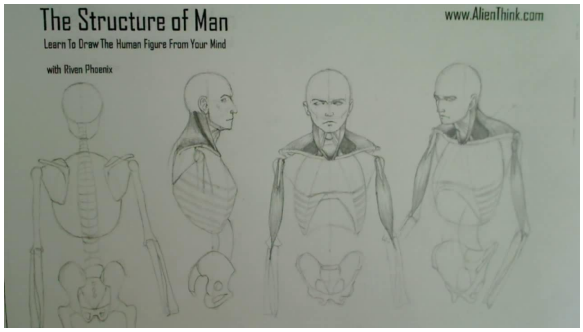
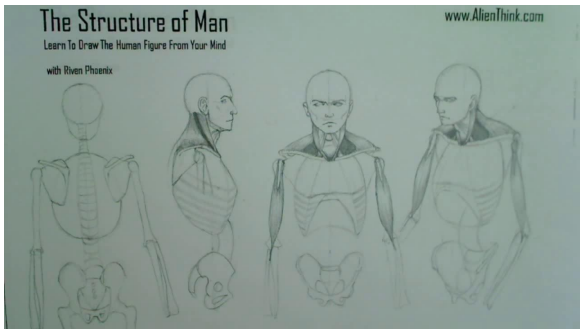
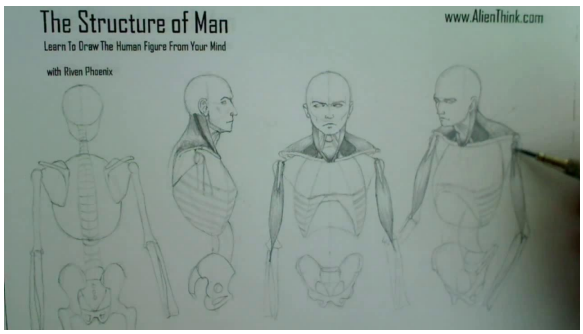
1		Hey guys, my name is Riven Phoenix and welcome to the structure of Man, Learn to Draw the
2		Human Figure from your mind training course.
3		Okay, so in the previous lesson, we went through a very simple understanding of how the
4		bicep is working, right, and now the sets up to understand how the pec muscles are going

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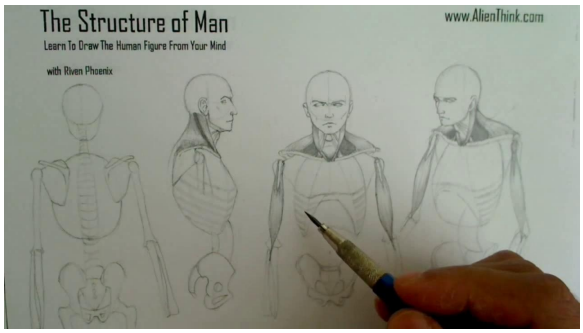
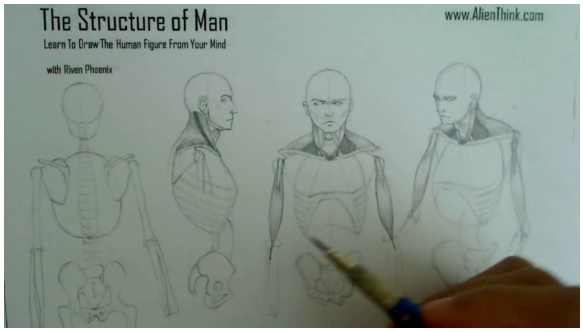
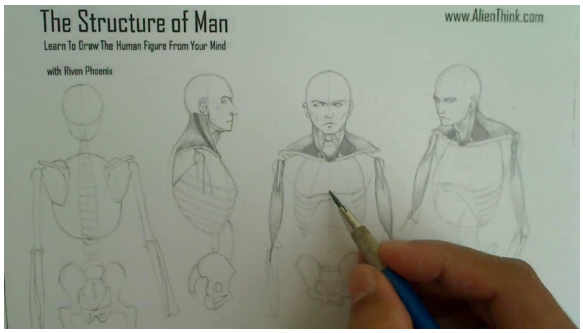
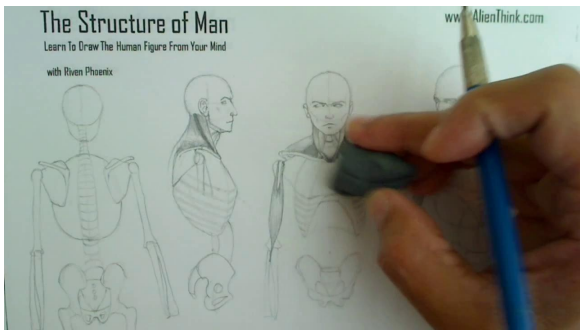
5		to be put together on the human figure.
6		So the first thing is that over here, where we have done this line over here, right,
7		so basically from now on, just understand that really it's not going to really be a straight
8		line, obviously, right, it's going to be really organic.

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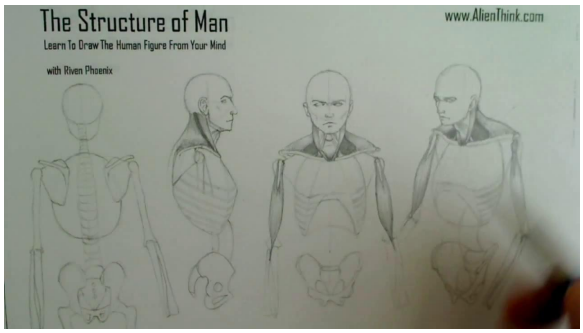
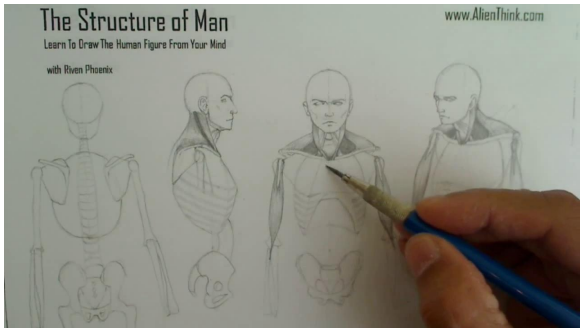
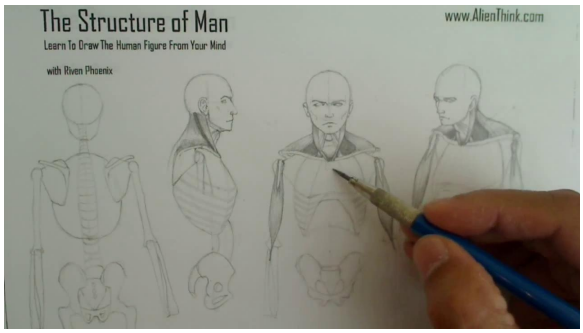
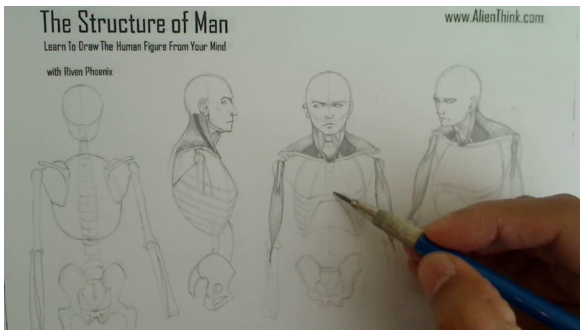
9		So to understand this, we should just know that where the sterum is, right, the sterum
10		is just going to be here.
11		I'm going to likely put the sterum in so you can see it's just this tie system that
12		we've come up with over here, right, this is like the tie system, then you're going

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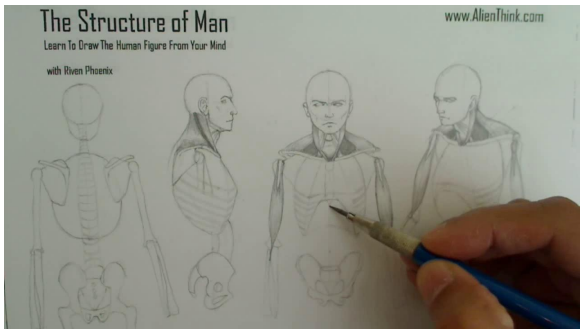
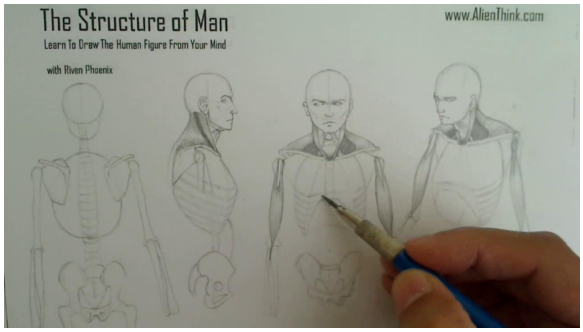
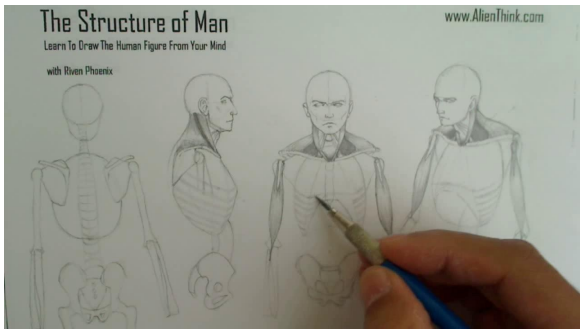
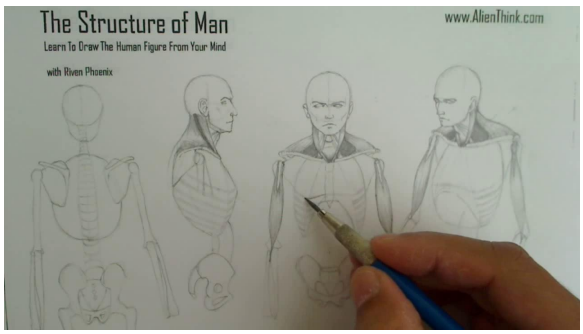
13		to get this sterum over here, right, we know how this part works.
14		So what's going to happen is that when the bicep comes, it's really going to follow
15		the fifth rib here, right, so it's going to go this way, a little bit up and it's going
16		to curve, right, it's going to go this way and it's going to curve up, okay, so to understand

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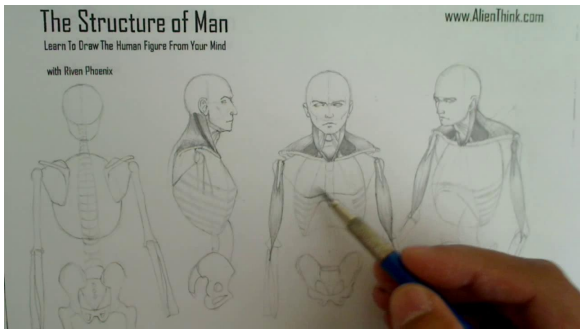
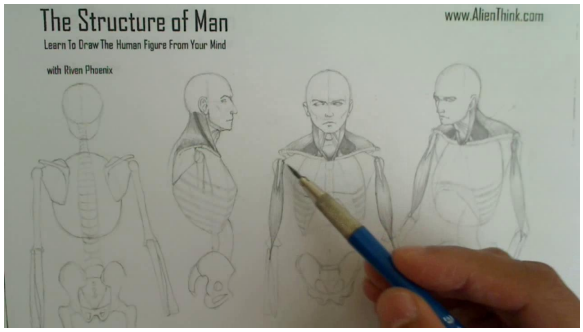
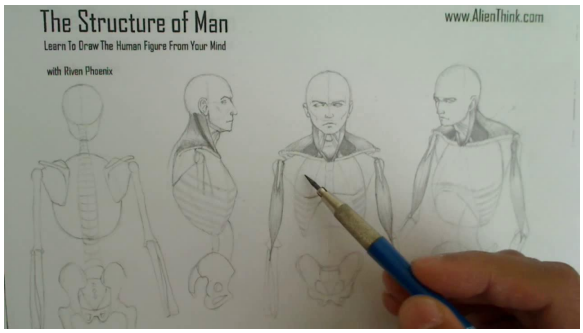
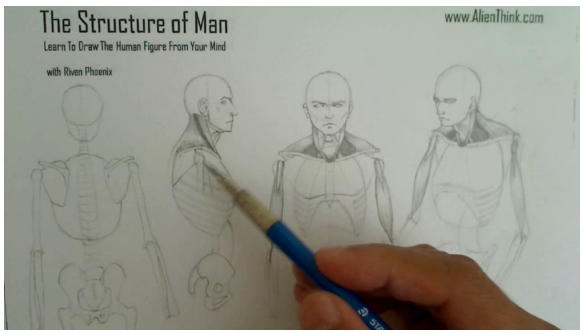
17		how this system works, it's very easy.
18		Just know that you're going to have actually some, like about three muscles that are going
19		to be connecting to some ribs over here, this is to help.
20		So from the side, they're going to be connecting over here to help the bicep stay afloat, otherwise,

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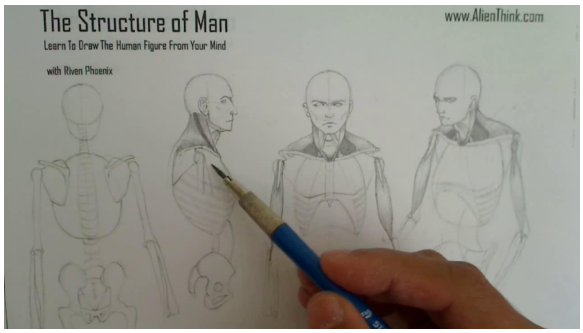
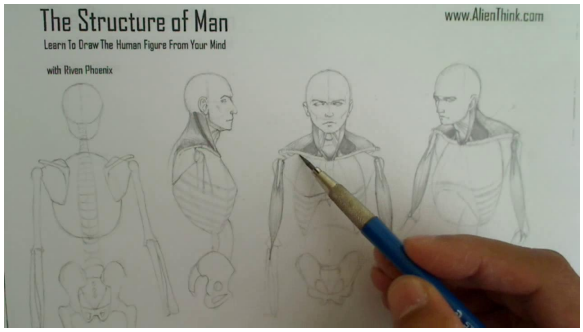
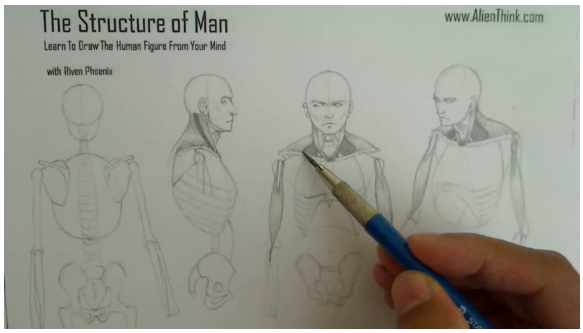
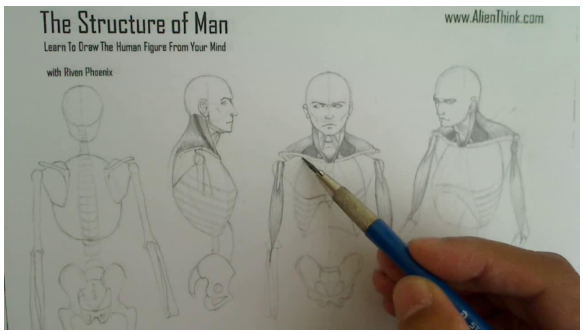
21		so you can't push that side in, right, but we don't really have to know them.
22		What we need to understand is from here, see where this guy is, where this is, where this
23		ends, right next to it, right, I'll be a little bit over here, you're going to connect
24		the first bicep over here and this bicep is really connecting to this nudge over here,

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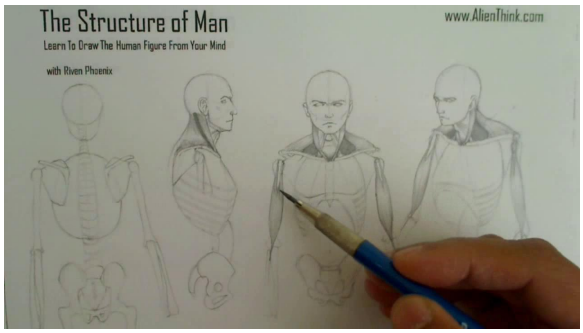
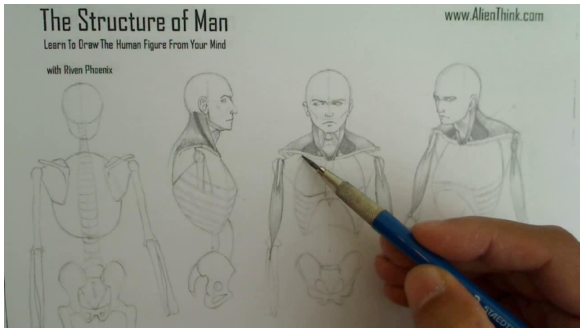
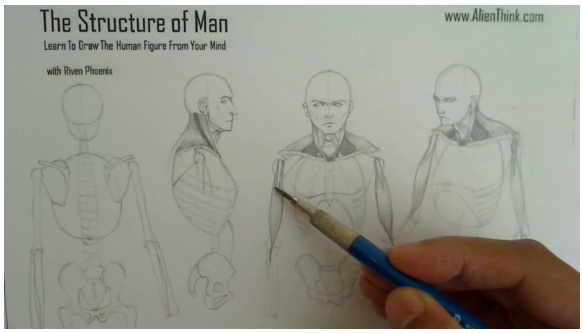
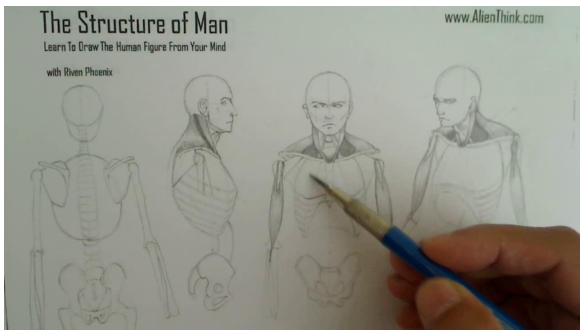
25		so it connects to the nudge.
26		So this guy here, I'm just going to first draw the line to understand it, right, so
27		when you, right, so this nudge obviously cannot be here, right, otherwise your, your, your
28		peck muscle, when it goes down, it's going to be too big, so it has to be close over here,

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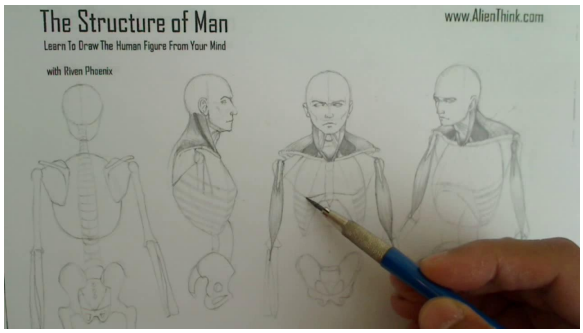
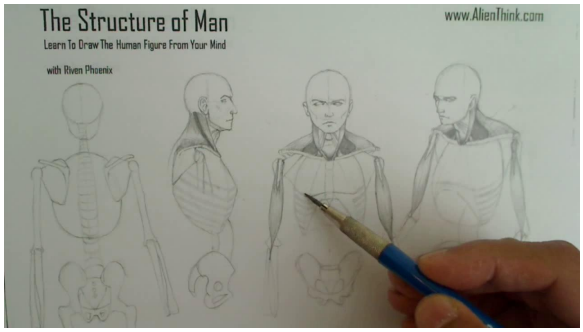
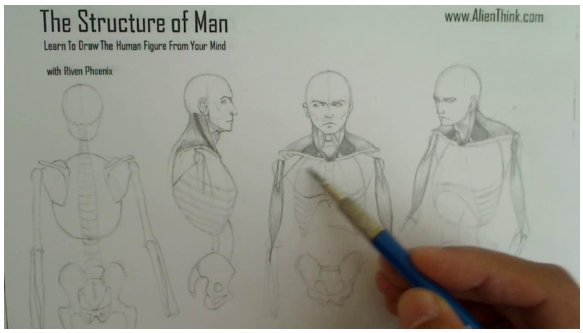
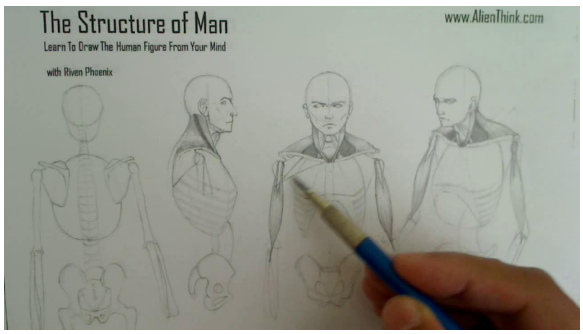
29		look at the ratio where this is, look at where this is connecting, it has to be up over
30		here, right, so this peck muscle will connect over here, then from here you'll get another
31		line like this and do these lines kind of like on a curve like this, right, they're just
32		going up because they're coming from here all the way over here, right, they're going

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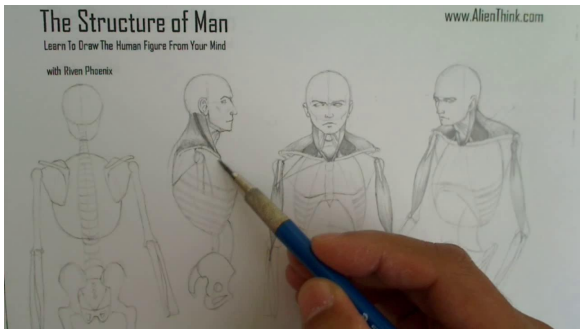
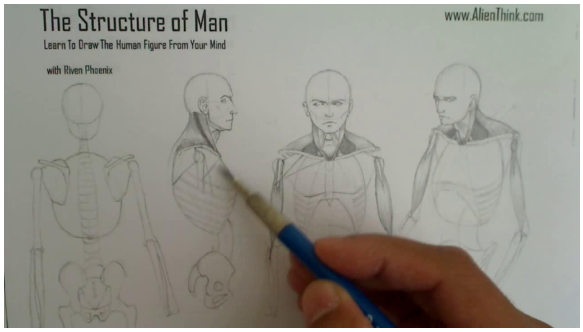
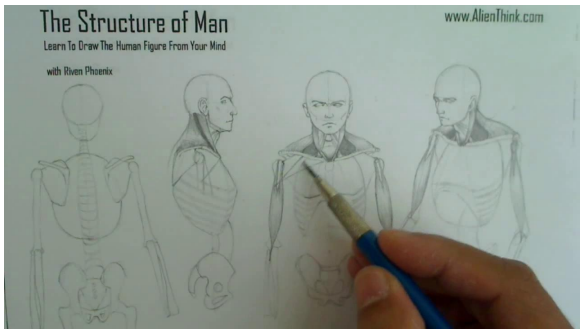
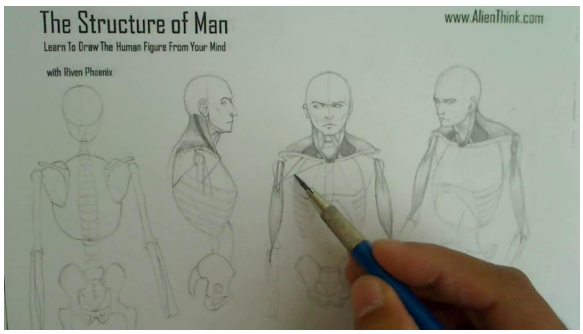
33		from here to here, right, so since we know this, we're also going to put a line over here,
34		knowing that okay, I understand it's coming from here, okay, so once you get, this is the
35		first section, over here you're going to get your deltoid, right, so the peck muscle here,
36		you're going to get one and then you have to divide this basically in three parts, so if I put

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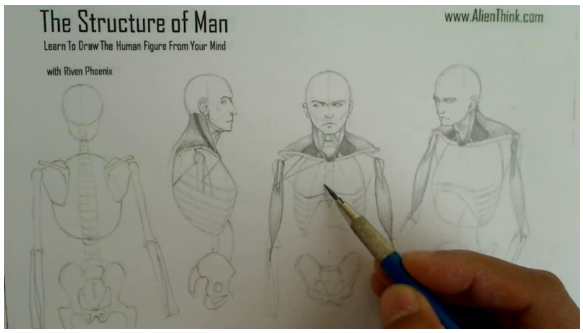
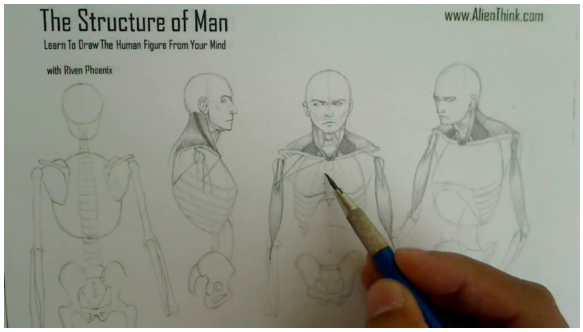
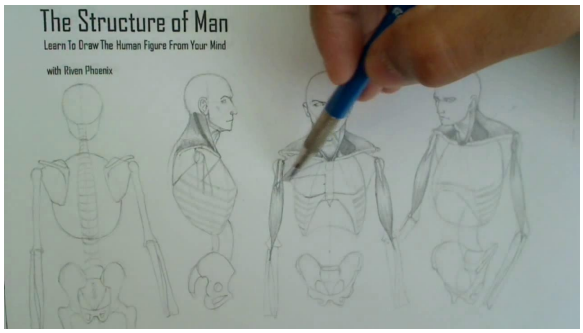
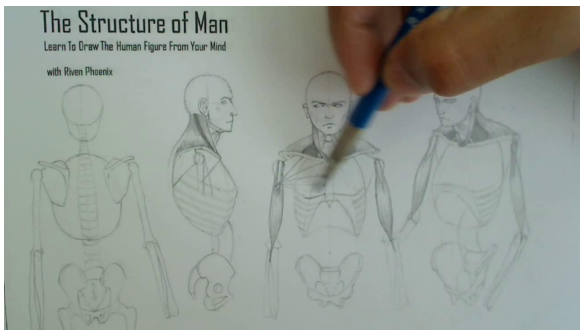
37		two dots over here, right, one, actually three, one, two and three, I'm going to get another line
38		that's going to come like this for the peck muscle and then from this point again, I'm going to
39		get a line that's going to come over here from this point and then I'm going to get another line
40		that's going to come from this point, right, so I've got one, two, three, four, then you get left

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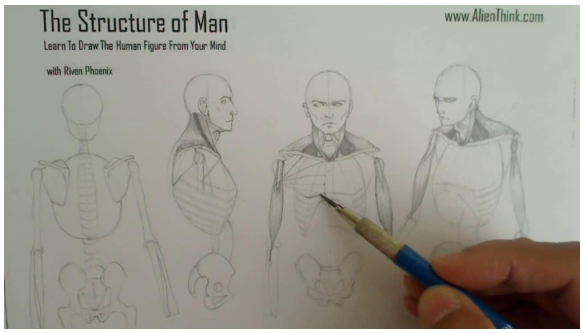
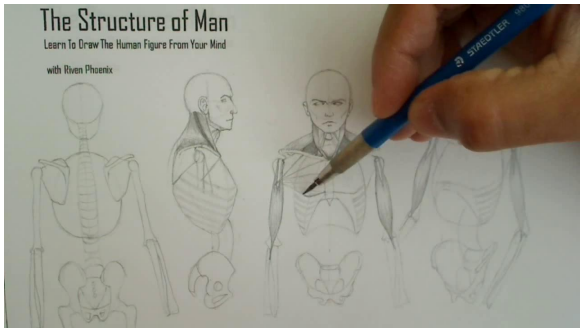
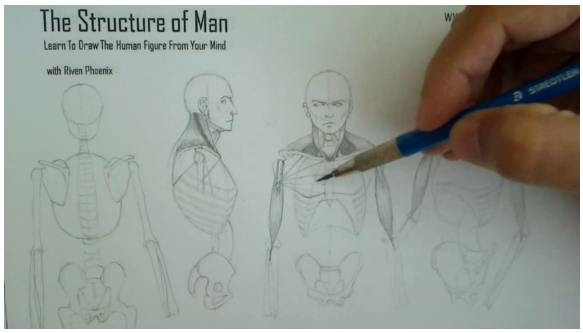
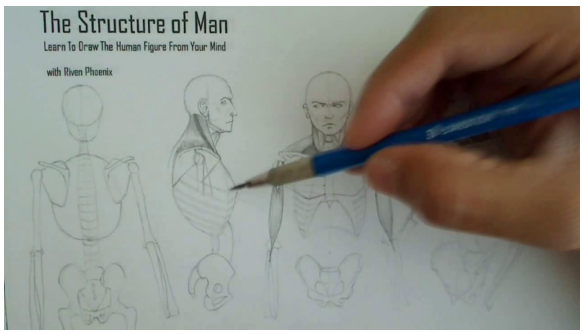
41		with this area over here which is trying to come back over here and this is what causes your line
42		to come like this, okay, so this is the muscle that's always going to be on top and these all is
43		always going to go on the bottom but this is the area that becomes much more bigger is because
44		it's going on a slant, right, so it has more meaty area over here, so you, so we know that right,

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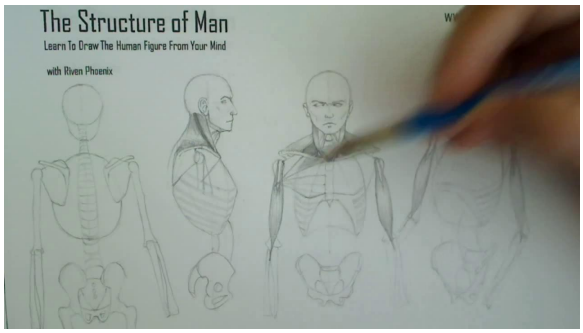
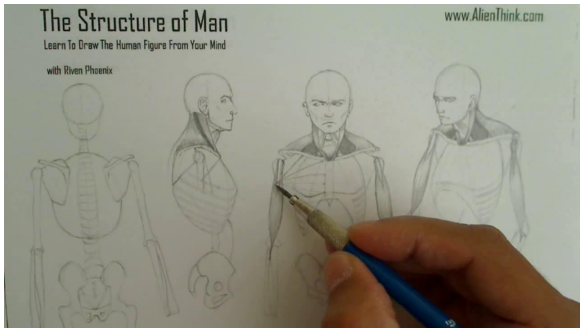
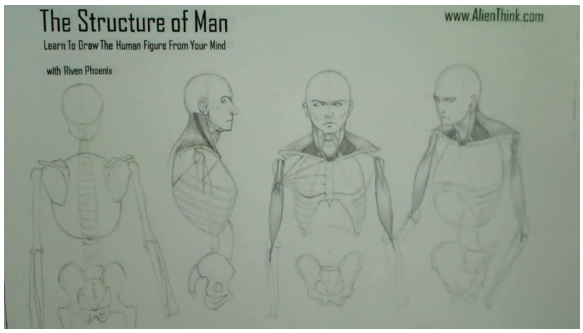
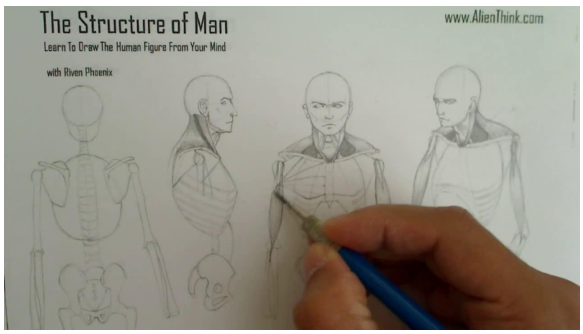
45		so what's going to happen really is that because this bicep is actually trying to connect
46		to the bone on going from here all around, what's going to happen is going to push this bicep out
47		like this, right, so to modify this a little bit, what we're saying is that really it's going to be
48		like this for the bicep, right, it's going to push it out and give us this design, okay, and then

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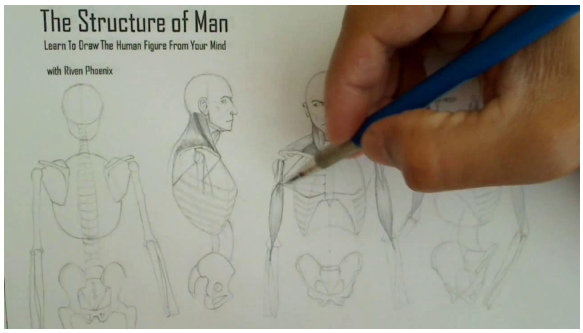
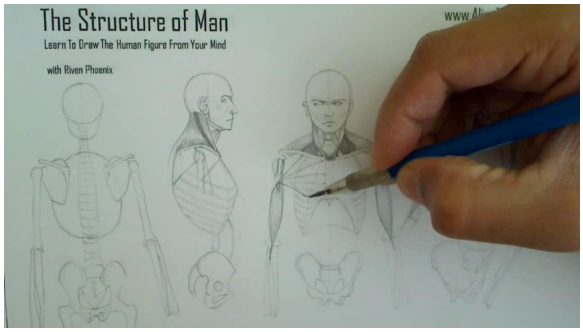
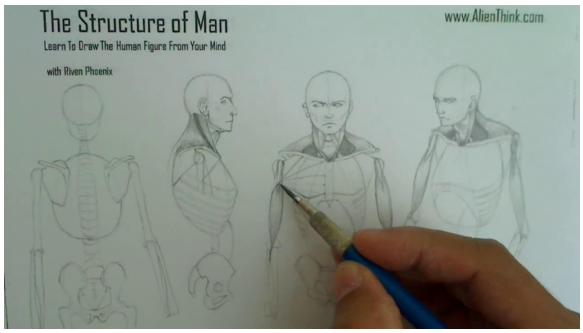
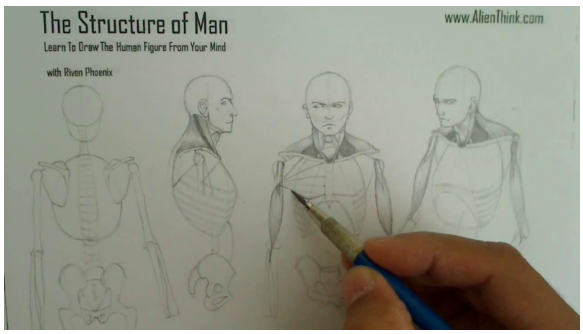
49		it's going to just be like this, so what happens here is that you get like a little bit
50		of a tick over here that's coming off from underneath the bicep, right, so notice this idea here,
51		right, this is an important concept, when we draw out the peck muscle, when we draw out the peck
52		muscle like this, we get a line but look where this ends, it comes here, right, so in the future when

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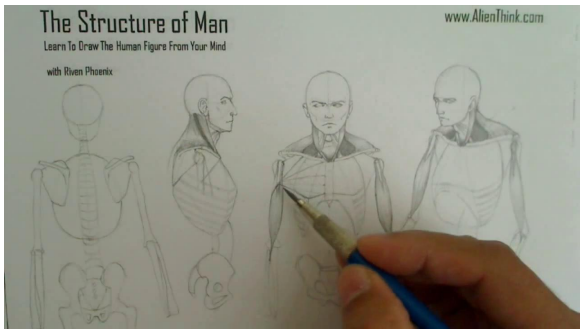
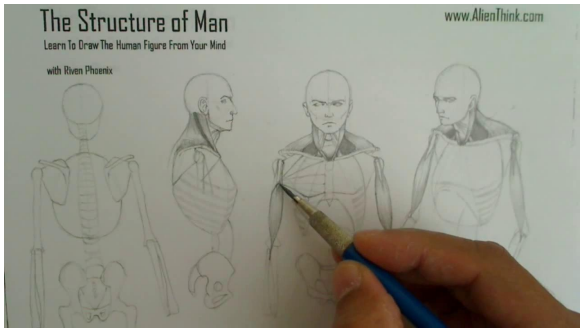
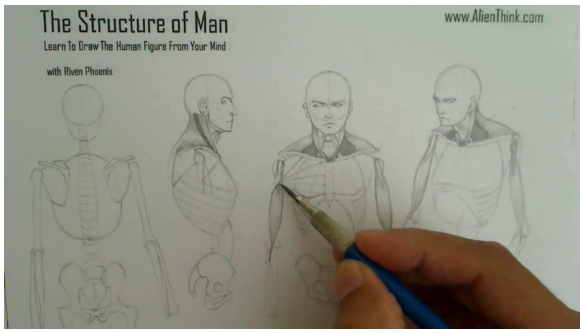
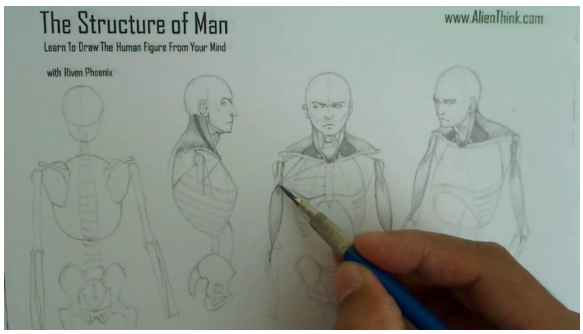
53		we're drawing out the figure, we will know that okay, when I draw out the peck muscle, I know it comes
54		kind of like into the arm, then I get the line for the bicep here, right, it always, this is an
55		important concept to get when you're drawing out figures and you notice this that really the peck
56		muscles come in more and then you get the line for the bicep over here, right, and it's just going

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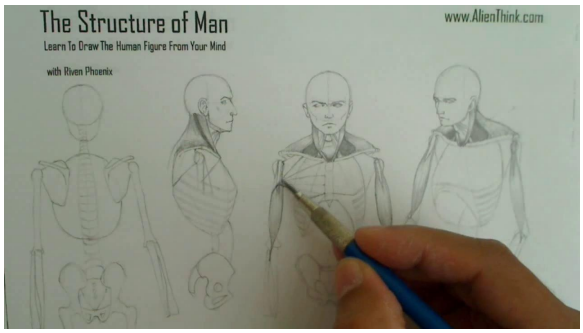
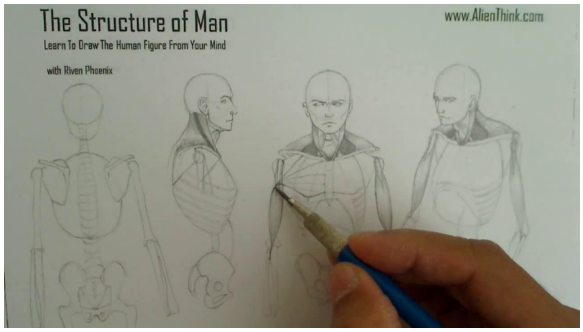
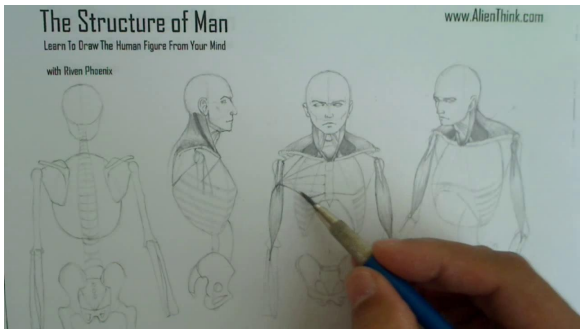
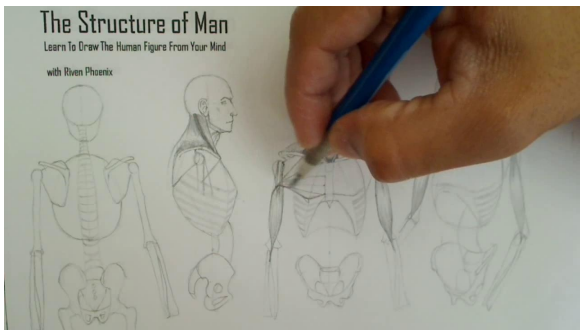
57		to be like this in your bicep, we don't have to worry about this, it's just going to go under
58		here like this, okay, so we'll get the dialed away, so this obviously is going to be
59		about more bulky so you can kind of like shade in if you want to, right, so here I'm just going to
60		first develop this like this over here, put the muscle fibers in so you can start to see this over

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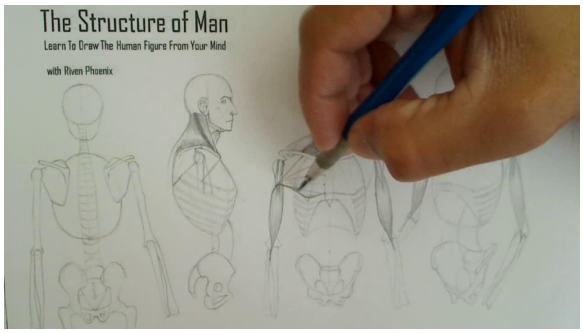
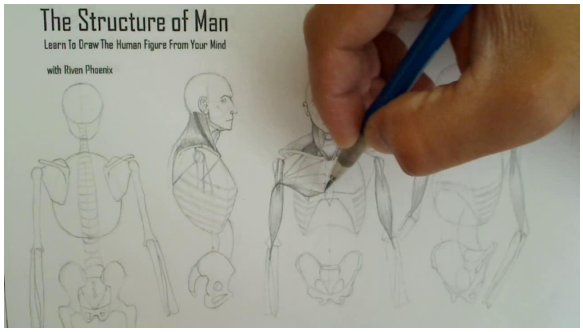
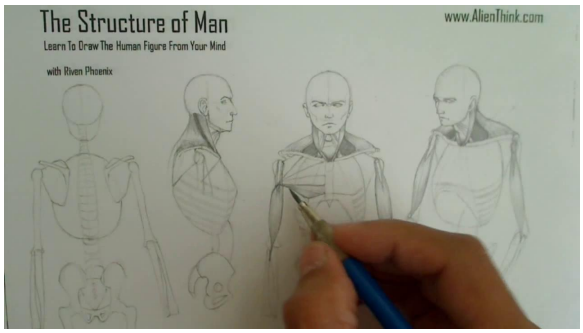
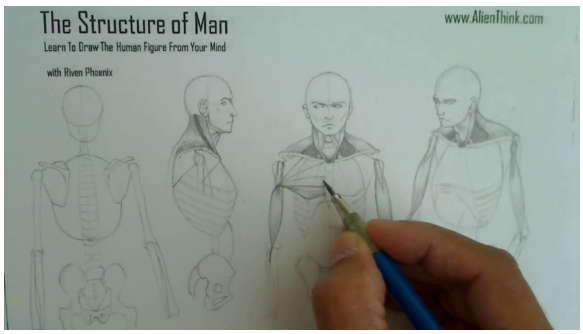
61		here, right, we're going to get this line over here, then we're going to get these muscle fibers
62		over here like this, very slowly, right, I'm going to get this line here for the peck,
63		and then over here I'm going to get this line here for the peck,
64		okay, so now to understand this area here is that when the peck muscles come, right, they're not

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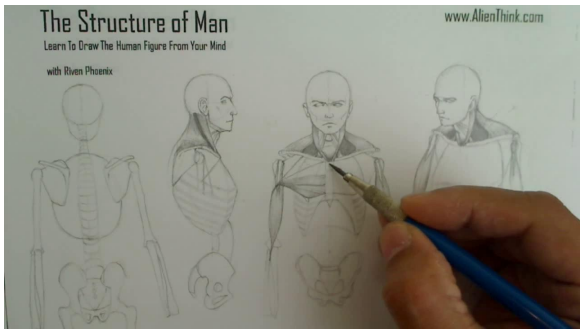
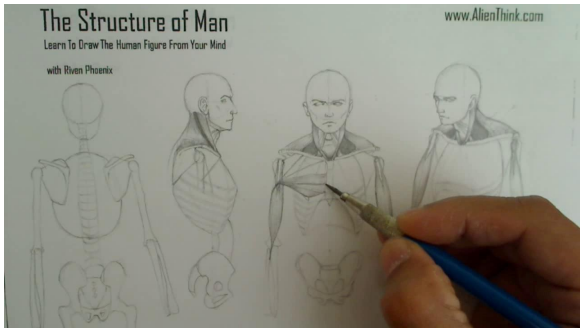
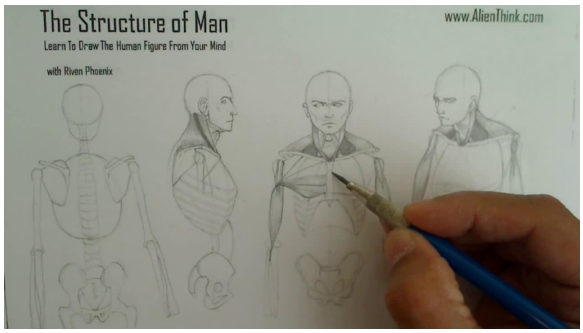
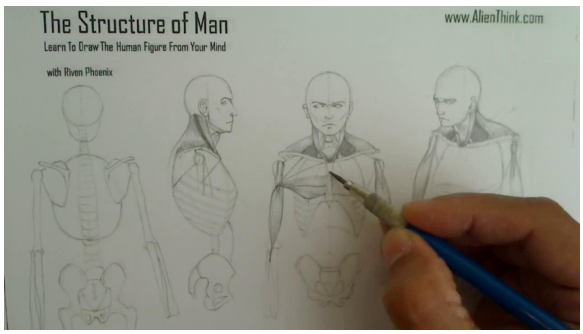
65		going to be joined in, they're just going to be kind of like this over here, right, you're going to
66		get like this, it's going to come in kind of near the middle and the other one would just come
67		like this, so they'll be like this base here that should be aware of, right, so they're not going
68		to completely join together, right, so if you're doing a character that's really bulky obviously

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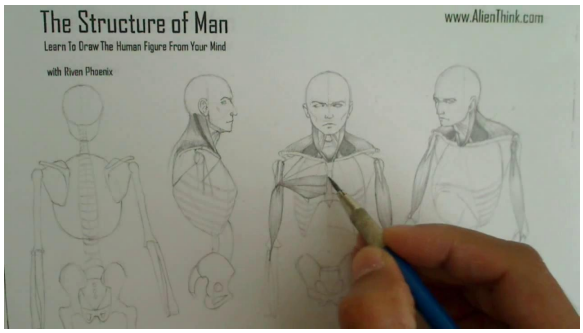
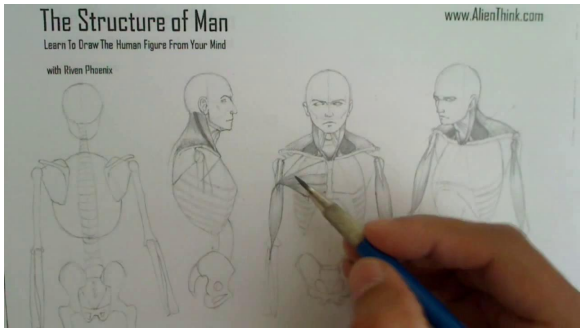
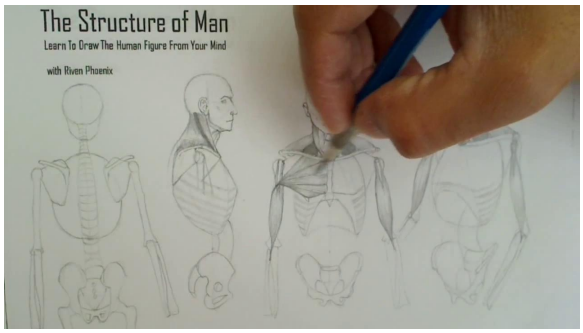
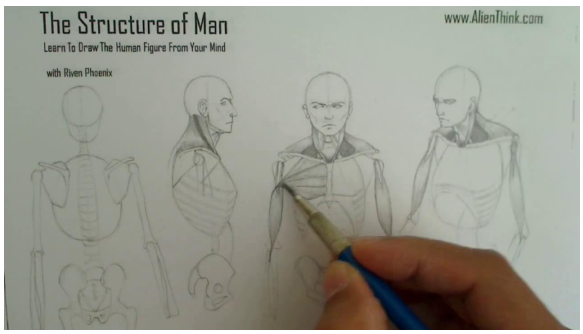
69		it'll come a little more closer, right, so here we can just basically finish this off by putting
70		these ideas in, and this is just going to go like this, right, I'm going to
71		finish this up like this over here, okay, so this area here, right,
72		this, so here's where we're going to now kind of like going to shade this, we know the lines

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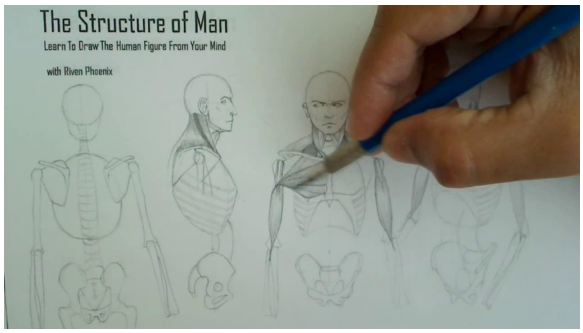
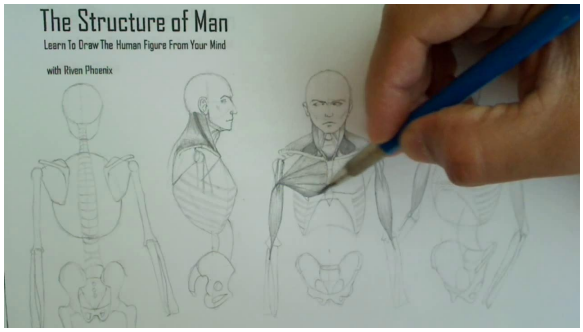
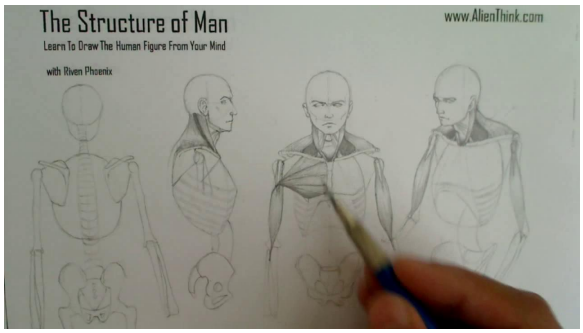
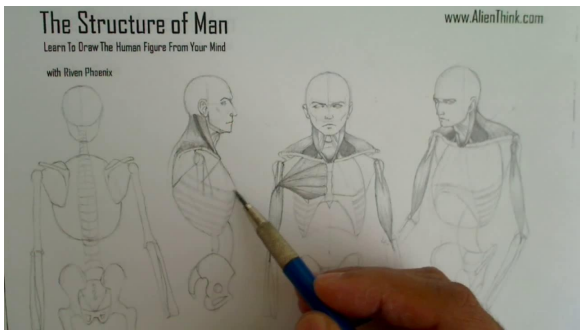
73		are here, so you can like kind of like shade it in a little to give it some depth here,
74		where we know the peck muscles are, right, notice it looks kind of flat here because we're
75		understanding anatomy, but really it's going to be over here, right, so from here we know that right
76		it's really going to be on this fifth one, and basically what you're saying, what we're saying is

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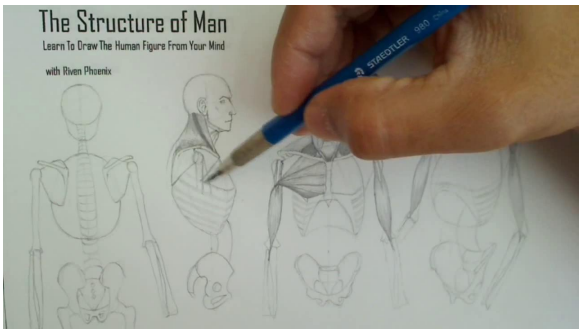
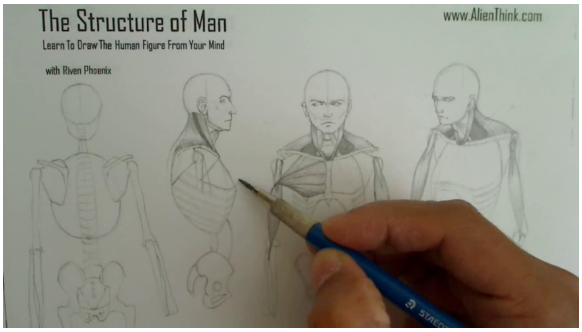
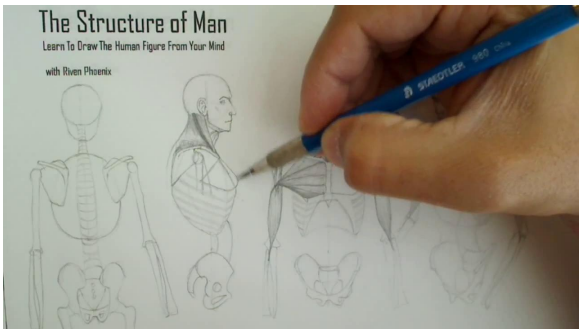
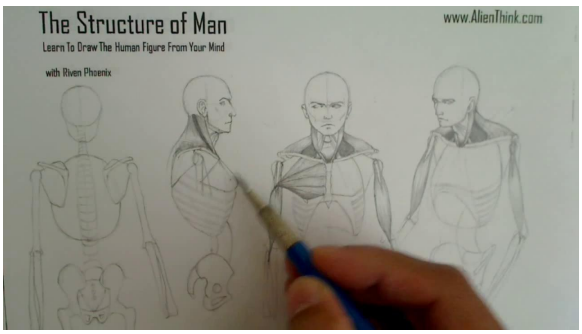
77		that it's just going to go here, right, so for this peck muscle obviously it's going to come
78		out a little bit, right, it's going to be like this because it's going to, let's say this guy has
79		a big peck muscles over here, okay, so now when we do this we just need to understand right one,
80		two, and three, right, so I'm going to get these lines really going like on this curve over here,

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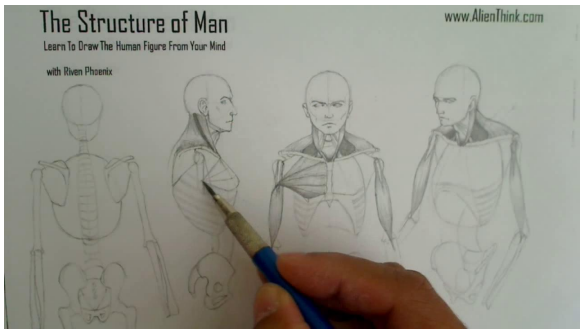
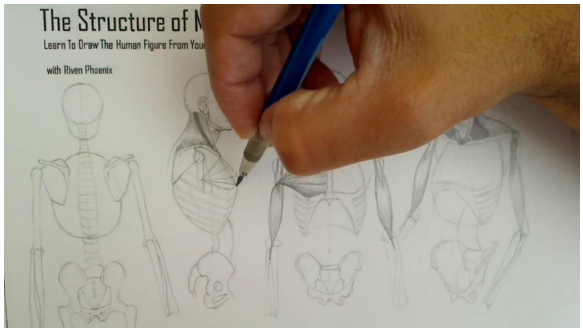
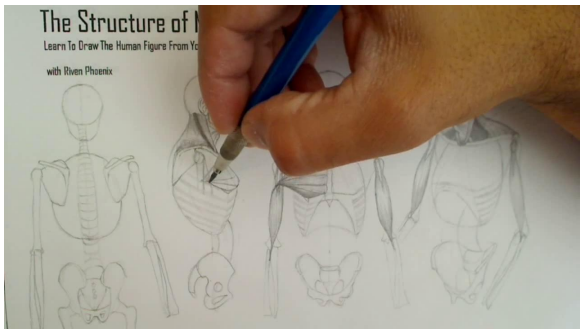
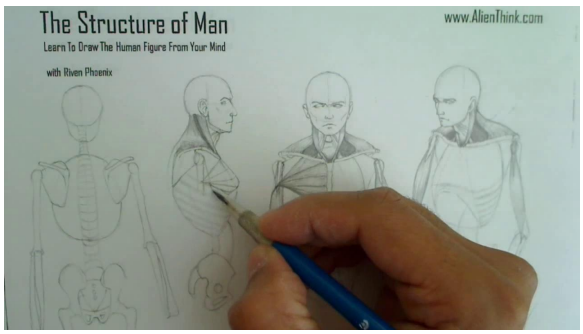
81		like so, and this one is just going to be going in that direction, right, just like this, so
82		when you get this muscle here, just get something that sticks out on the side, right, so you can now
83		understand, okay, now I see what you're saying is that because when this goes here, this is really the
84		bicep going to be coming out in this direction, and then when we get the shoulder muscles,

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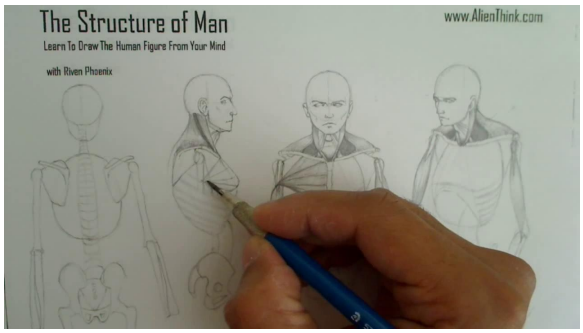
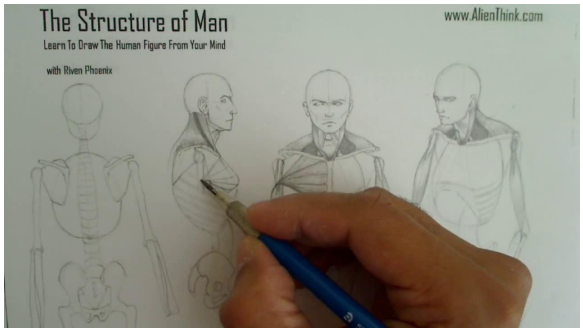
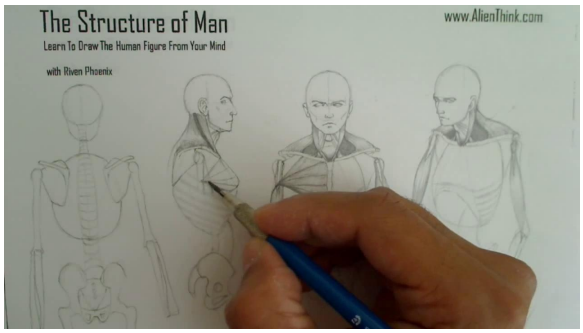
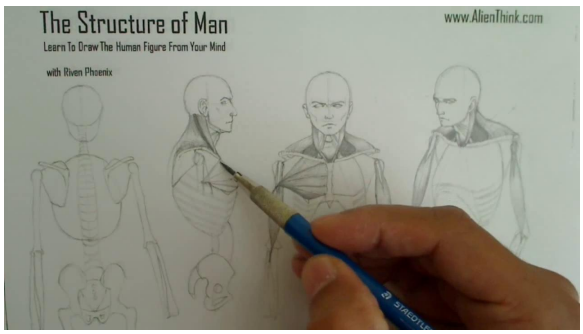
85		all of this is really just going to be covered up, right, so we're understanding that it's going to
86		come out on this side, then when you get the the shoulders which we'll look at, it's basically
87		going to cover up this area over here, okay, so here I'm just going to shape that in,
88		right, so we got this line, and then we have to understand that there's another line over here

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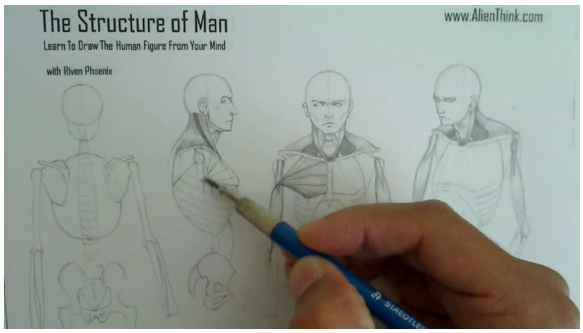
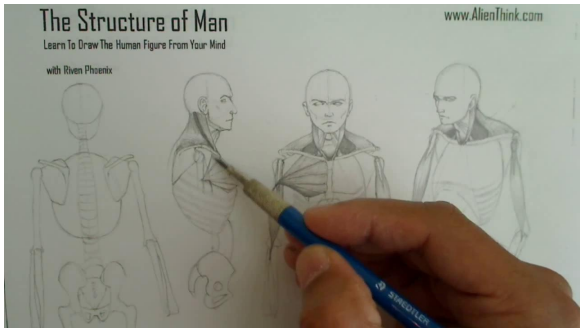
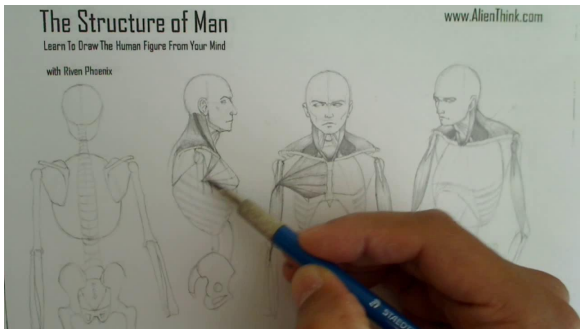
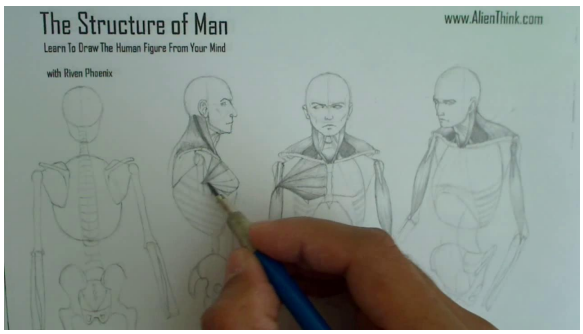
89		to fix this, right, so this is how your back muscles will be, okay, so here we're just going to
90		very, very lightly just put these ideas down like this,
91		I'm going to shape that in over here, just I'm going to make these lines come out a bit more
92		over here, and this is just going to be over here,

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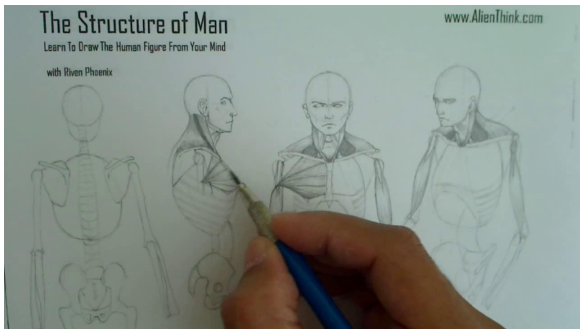
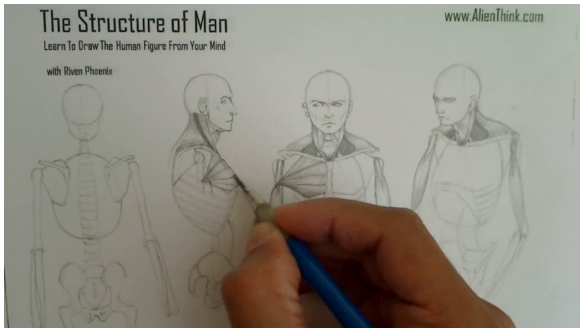
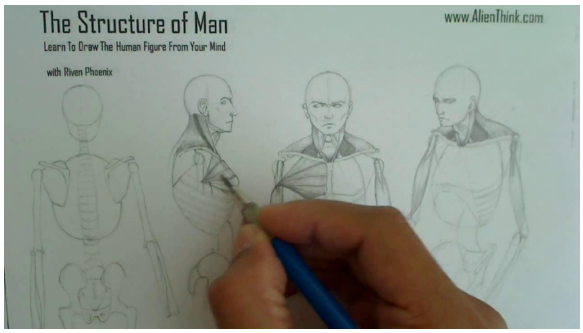
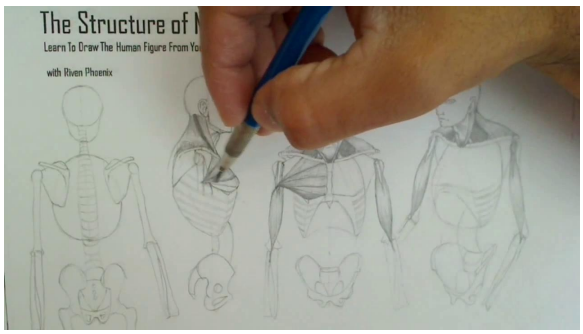
93		yeah, so talking and drawing at the same time is not a small, it's kind of difficult,
94		so I know that when I'm talking, sometimes I'm seeing, I'm referring to the the
95		pack muscles as I think I refer to as biceps, and sorry about that, but I catch myself and correct,
96		correct it, right, so here,

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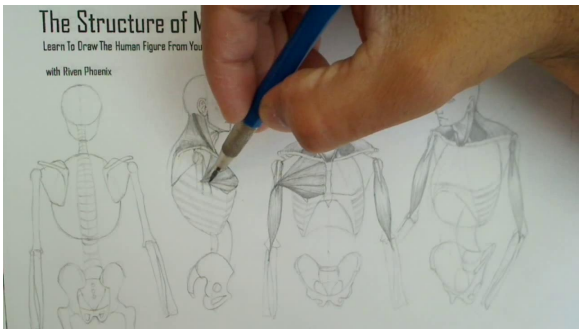
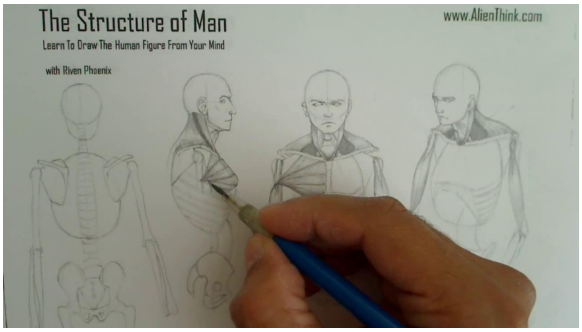
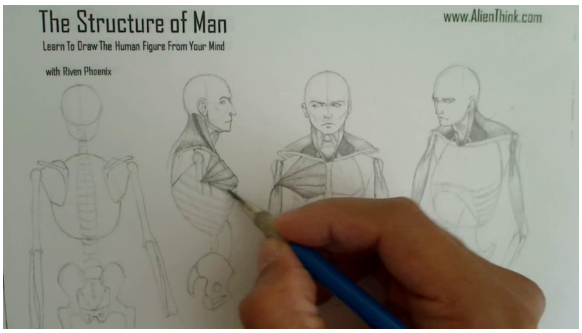
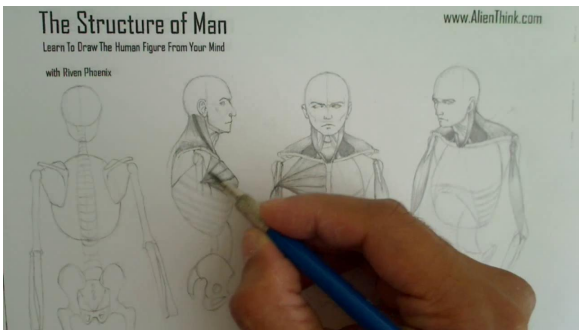
97		okay, so here I'm just going to finish this off and just say that that's what's going to be
98		right, so over here we're going to get that shadowy area over here, right, it's going to be
99		kind of like in shadows, kind of like this, okay, and then you can like clean this up,
100		I can clean it up more just to get that concept going, right, so over here we know that okay,

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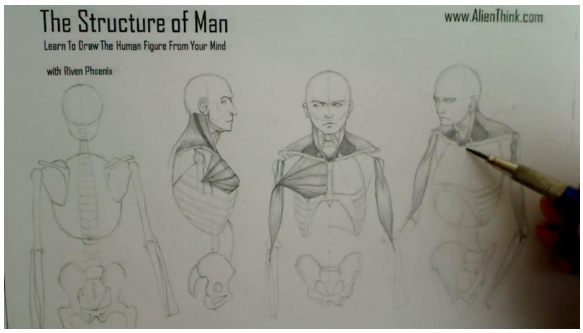
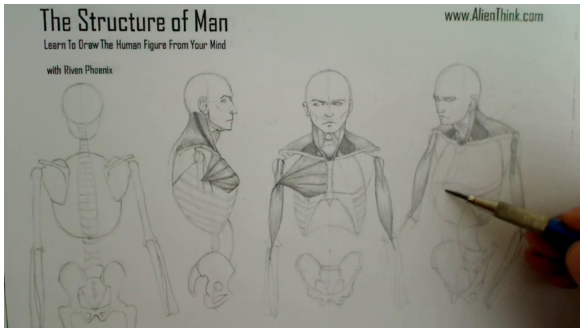
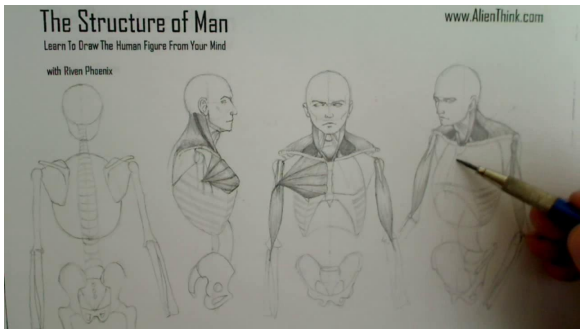
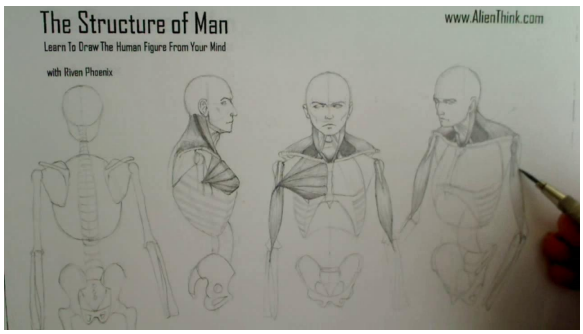
101		I've got the sterum, it really is just going to be like this, then I got my sterum over here,
102		I'm going to get it like this, I understand this concept here, so really my pack muscles are going
103		to be in this area over here, like that's right, so this is going to be very easy, so now when we draw
104		it, we'll know that right, it's really coming over here, but because of those muscles, it's going to

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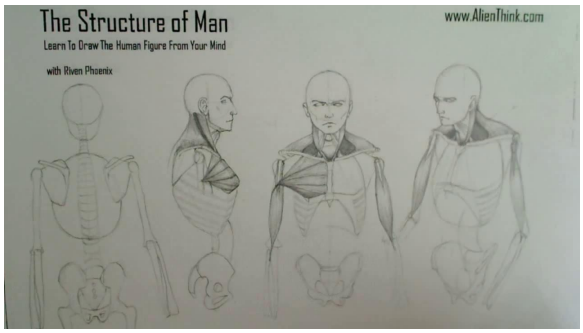
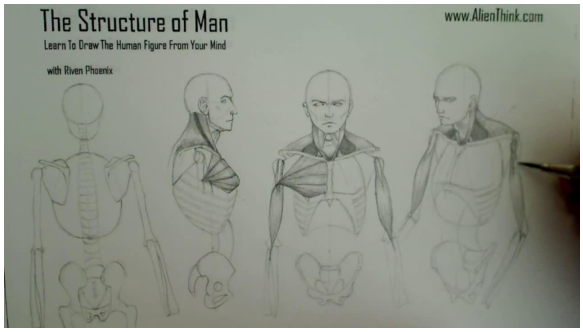
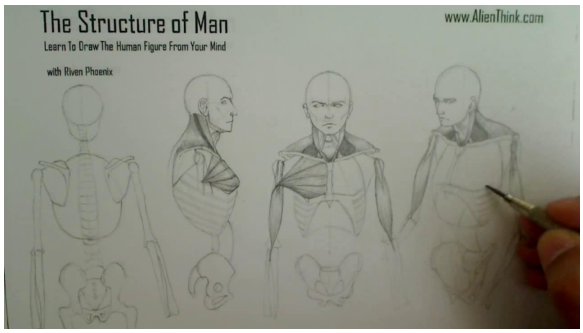
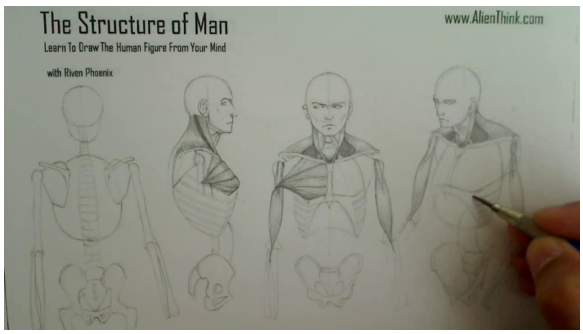
105		get stuck in, right, so right now what will happen is we'll draw it out here roughly,
106		like this over here, right, we'll draw out the ideas over here, like this, we'll draw it out
107		like this, like right, I get the concept that it's really just going to be a curve over here,
108		I'll get this over here, right, it's just going to be going like this, but when the shoulders come

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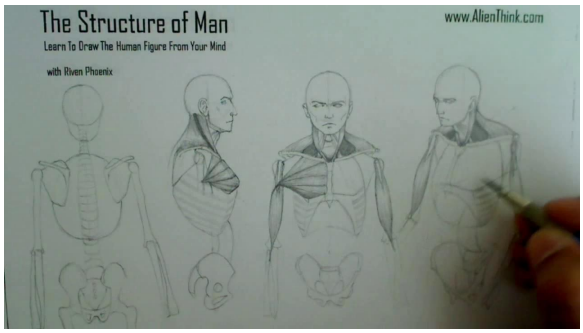
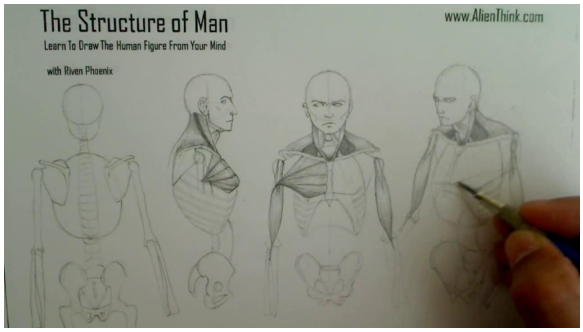
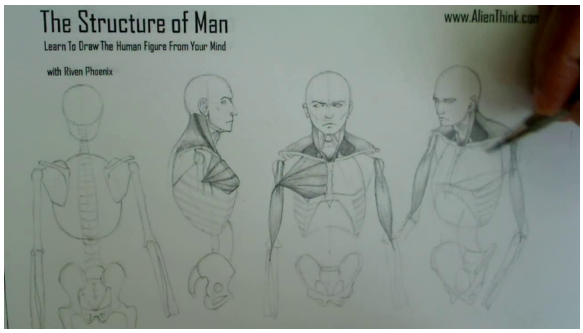
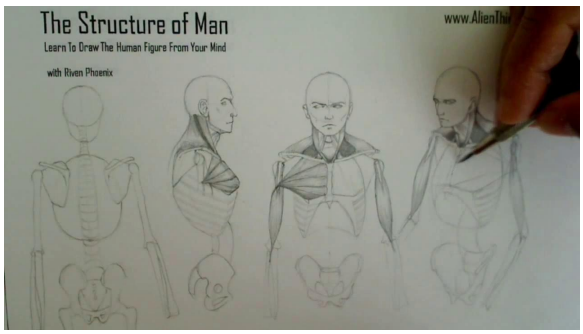
109		everything will start to make sense, so this is going to be kind of like for short and sort of
110		look a little longer, so you got one, two, and three, right, so over here I'm going to get this
111		line here and it's going to curve in, and from here, right, I'm going to get this line over here,
112		and that's it, that's simply how the pack muscles is going to be from the three-fourths of here,

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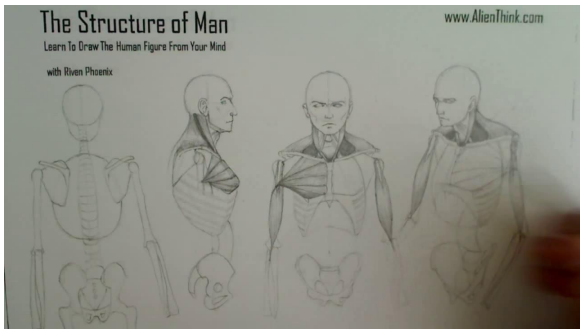
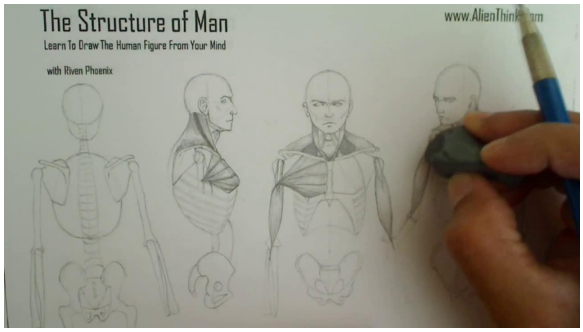
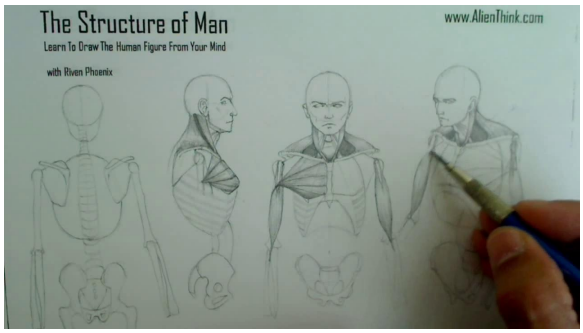
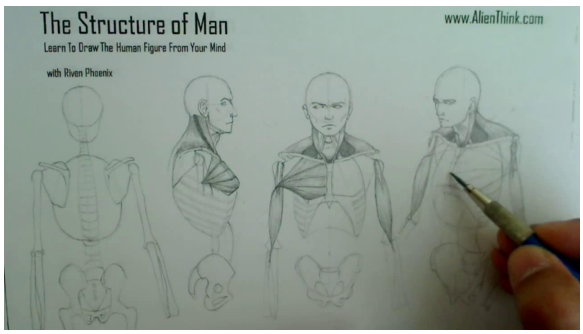
113		right, and then over here, we'll know they're right, this is actually going to do the same concept,
114		so if I raise some of this stuff, we can start to think about this, okay, we're going to get,
115		this is kind of like going in the back now, so I know that I'm going to get this line over here,
116		this, and this, and this, right, so you have to now start to think, start to think and perspective,

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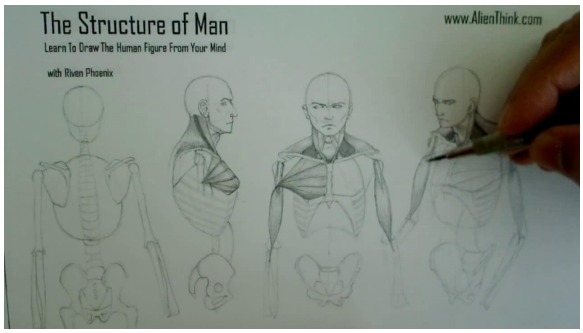
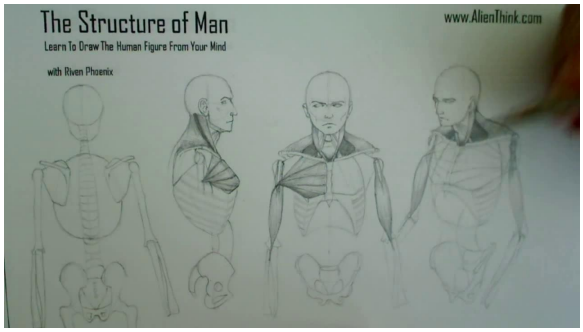
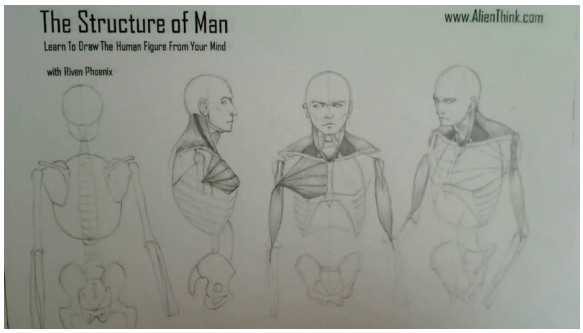
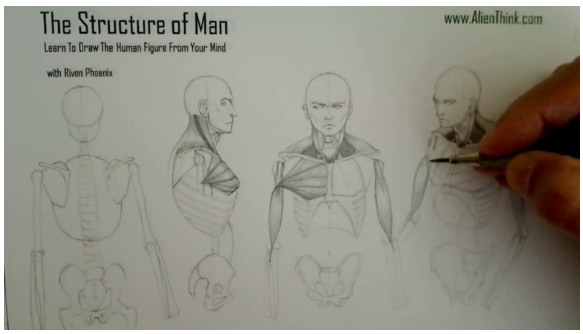
117		right, this is really going to go like this, over here, right, again this is just diagram it,
118		we just want to understand, so you can see that over here, this part really is just going to get
119		cleaned up, right, we're going to clean this area up over here,
120		over here, and then over here, right, so that's how it's going to connect like this, so I got,

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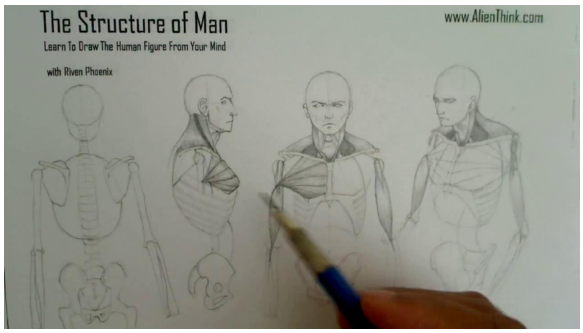
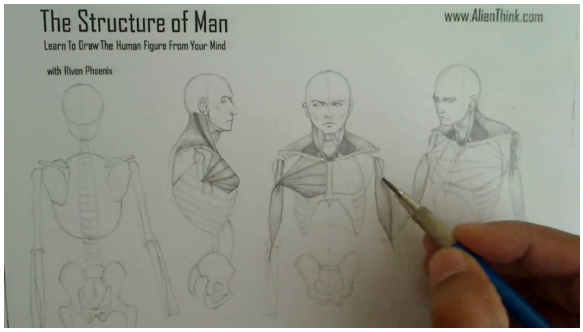
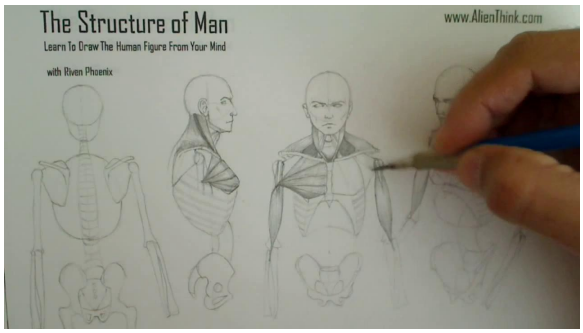
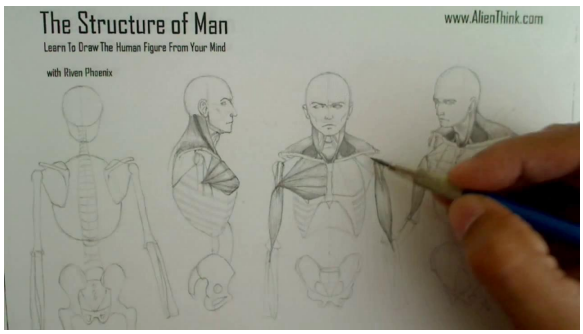
121		we got this, this, and over here, we're just going to do the same thing, just look at it,
122		compare it, we're supposed to be, right, and we're going to just connect the lines,
123		right, so when you draw this line, we can come out this way, right, kind of like in this direction,
124		because of the, the ideas for the shoulders, right, and then over here, we're just going to

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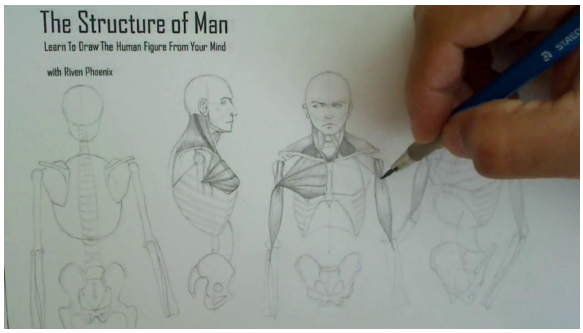
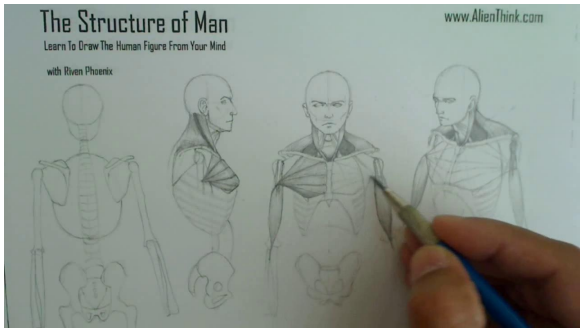
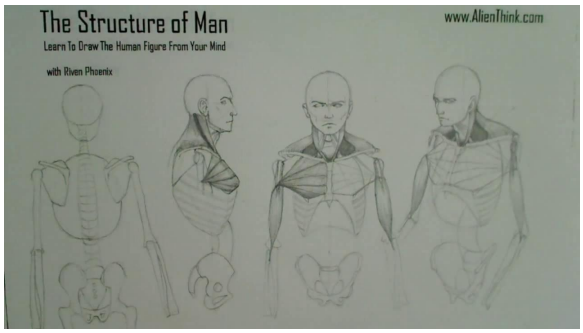
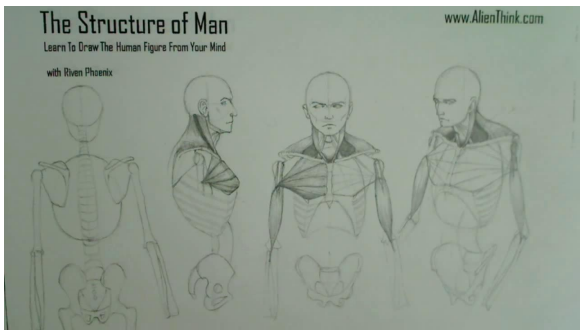
125		connect it like this, over here, I'm going to connect it like this, this, and this,
126		and I'll be done, right, so what you can do is actually fill all the stuff in,
127		you know how to do that, just fill in the texture on, and I don't want to spend time on that,
128		is because, really, I think you understand the concept as to how to do that part, okay,

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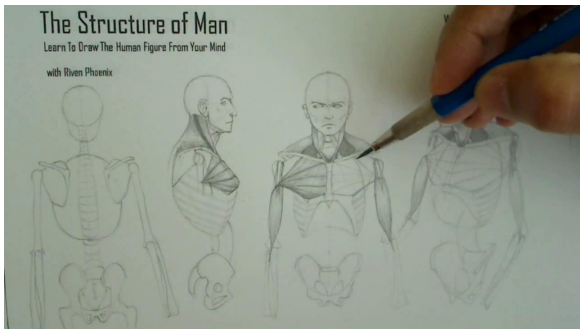
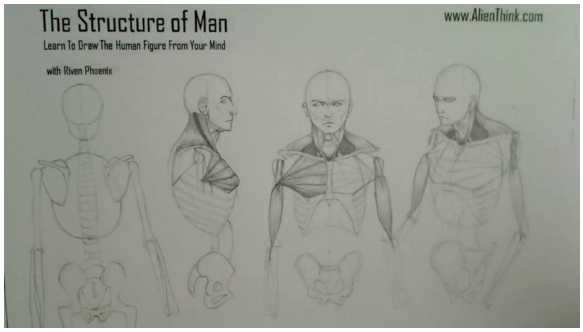
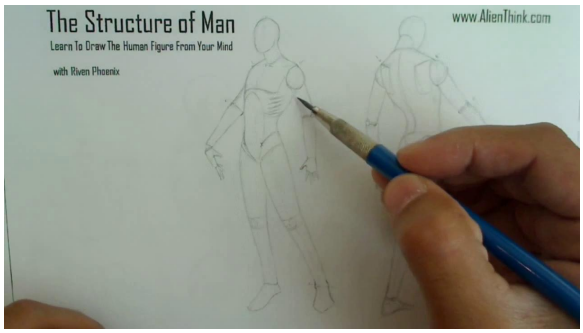
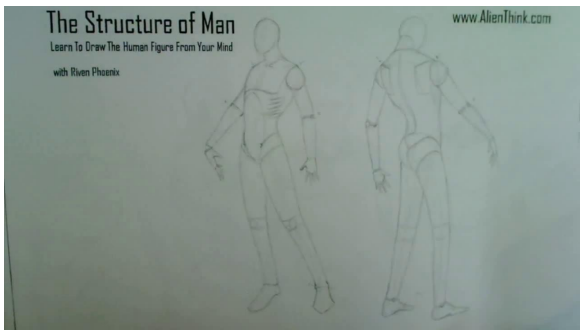
129		so what I want to show you is that now how do we take this information and put it in another
130		manner, okay, so now we're just going to look at the peck muscles, we're not going to worry about
131		the bicep, because we want to leave that understanding really when getting into the arms,
132		right, so now when we look at the peck, the, the, the mannequin, we can now start to see, oh this

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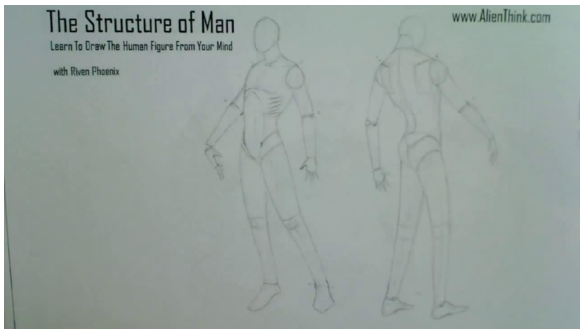
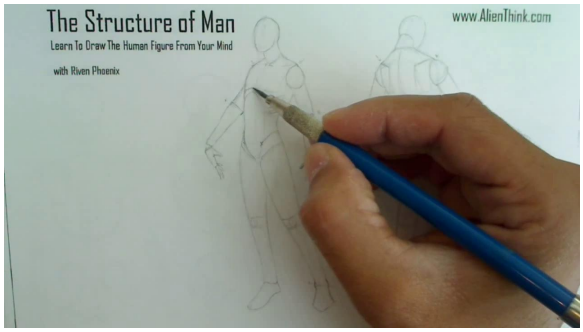
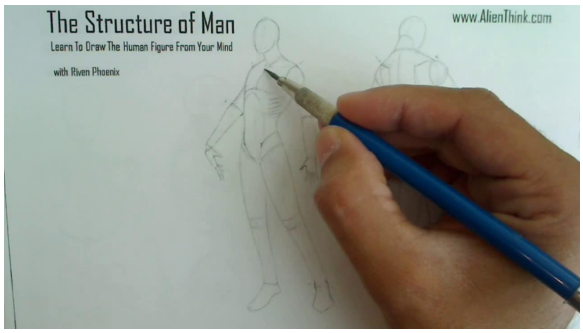
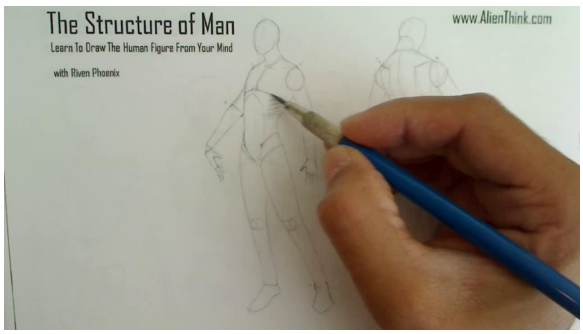
133		makes a lot of sense, as to how this is all going to work, right, here we can just simply see,
134		right, I just need to understand that there's going to be really a space over here for the muscles,
135		remember we're just latching on the muscle, we're not understanding surface anatomy,
136		so here, right, so if I compare this,

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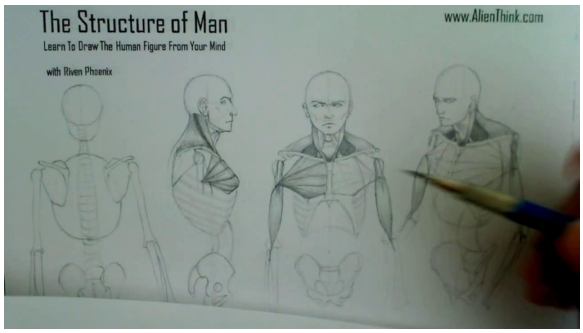
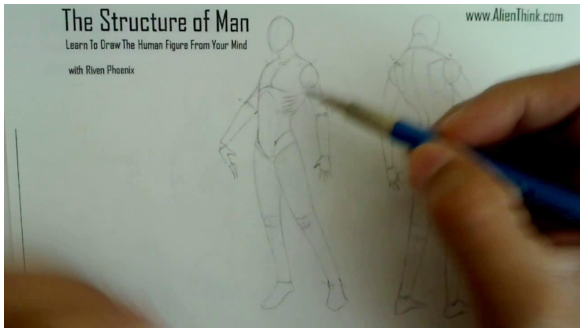
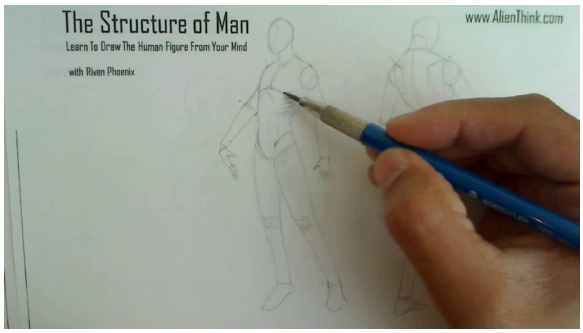
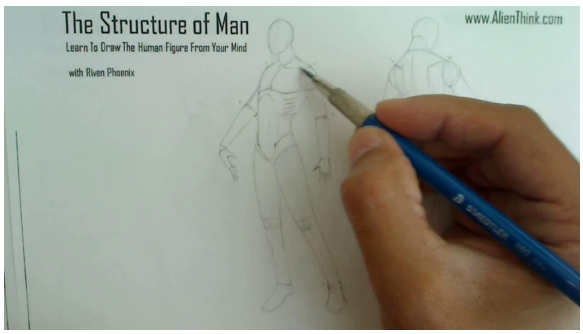
137		right, look where this is, right, it's kind of like near it, right, it just has to be a crossable,
138		so here we'll know that, right, I'm just really going to start to curve in here,
139		right, so I'm going to get like my muscle over here, and then here's where the, uh, the
140		clavicle is in here, I'm going to just latch on this muscle like this, right, I'm going to go

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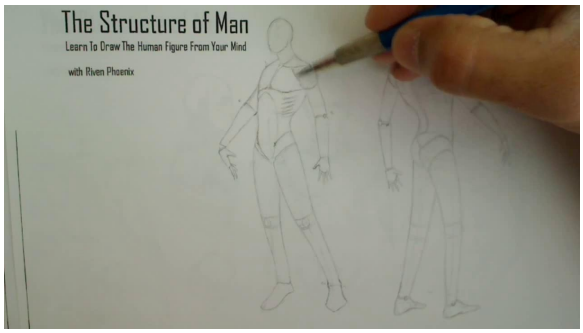
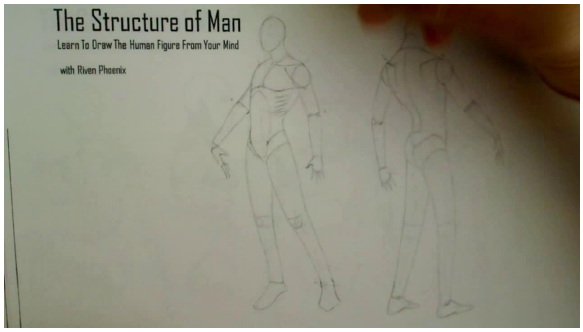
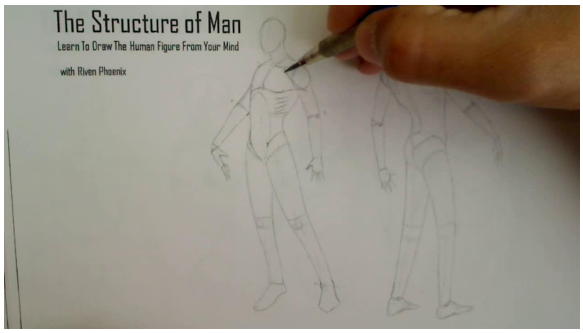
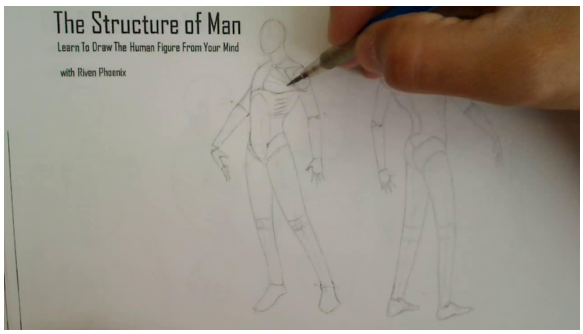
141		in a curve, I'm going to do it this, right, the importance of this exercise is how we're going to
142		manage our memory to understand how it works on the mannequin, right, we just need to conceptually
143		get these ideas out, first, right, before we can get into the, the details of the realistic stuff,
144		if this is just going to go here, I'm going to go do this over here, right,

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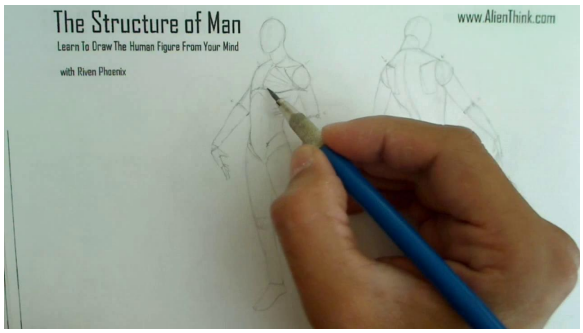
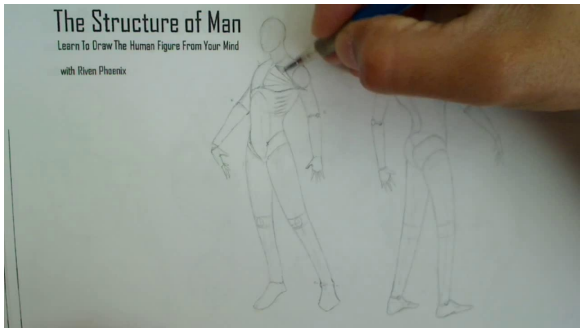
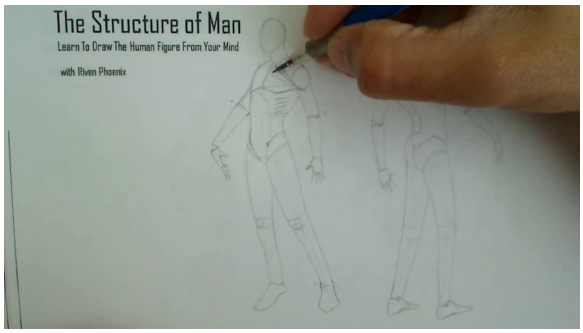
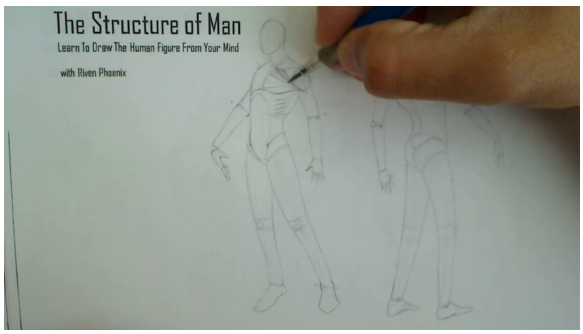
145		so once you get these lines, just make them into a muscle,
146		here I'm just going to put this very, very tiny stuff into a line like this, right,
147		then over here,
148		I'm going to take all this and put it into a line over there,

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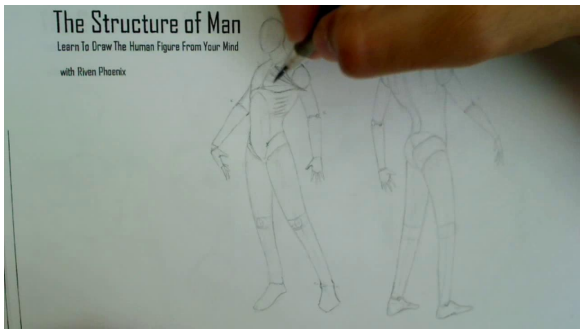
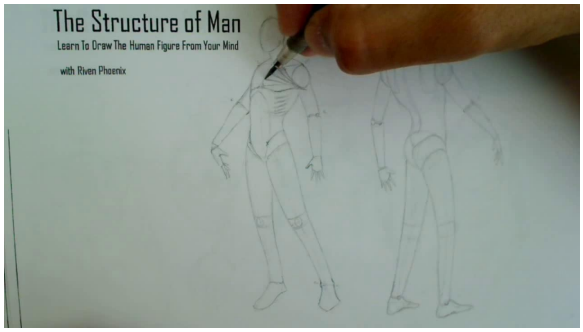
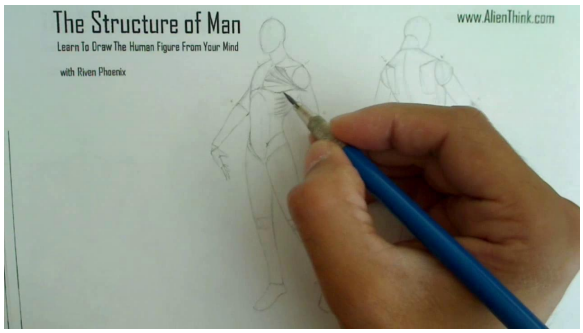
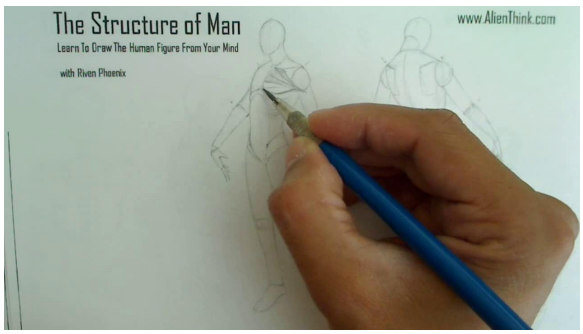
149		over here, I'm going to do the same thing, I just want to think about this, right, think about
150		the stuff in 3D, how this is going to be, very lightly, set that muscle over there, right,
151		so just think about the curve over here, right, you're going to get like a curve,
152		right, so now when you draw a mannequin, now you can understand really it's true purpose,

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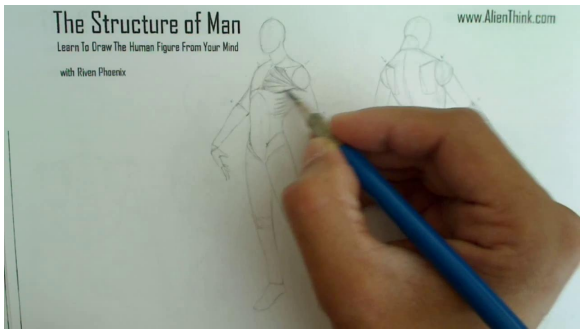
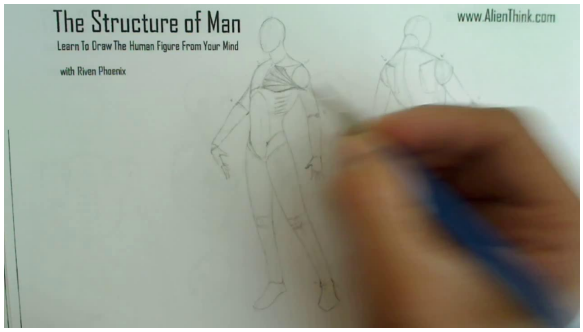
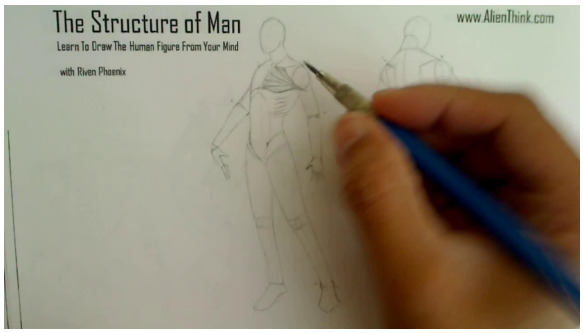
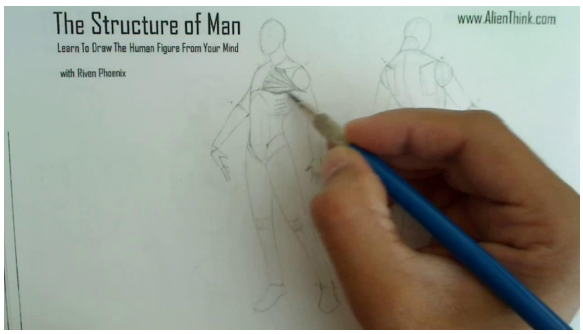
153		as to how it will allow us to do very organic characters, right,
154		okay, so these muscles will just go like this, right, knowing that that's where it is,
155		and then over here, I mean you can add some shadows if you want,
156		like this, right, just knowing that that's where it connects over here, right, so we can just

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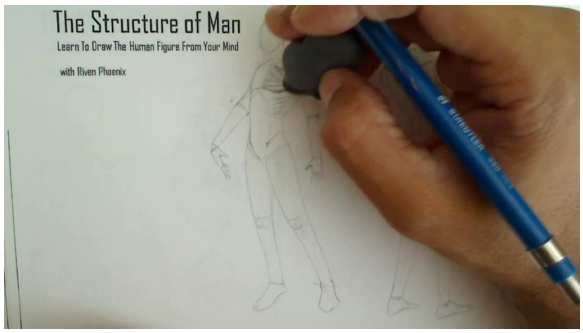
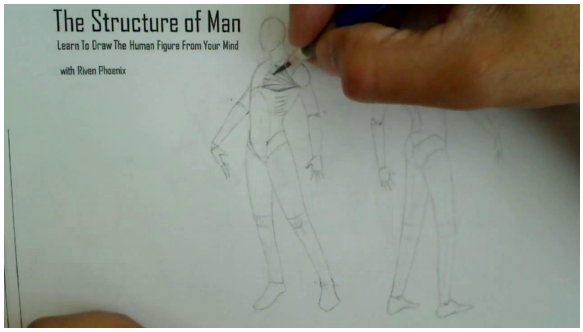
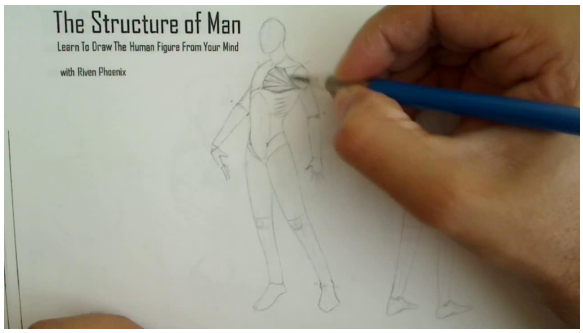
157		clean up some of these concepts here, right, and just add it, like this,
158		we'll just add these lines, so here I'm just going to get close this up like this,
159		that we now have officially understood and mastered the pack muscle, right, that's all there
160		was to it, that's how quickly we're going to be able to learn about this, right, so now look what

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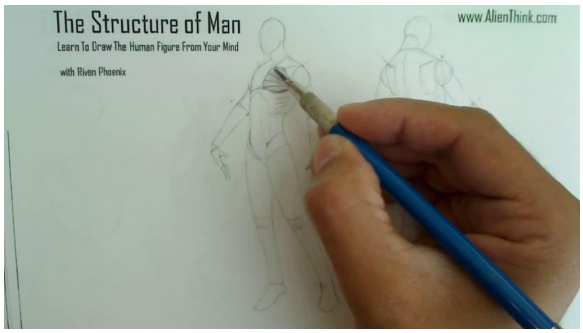
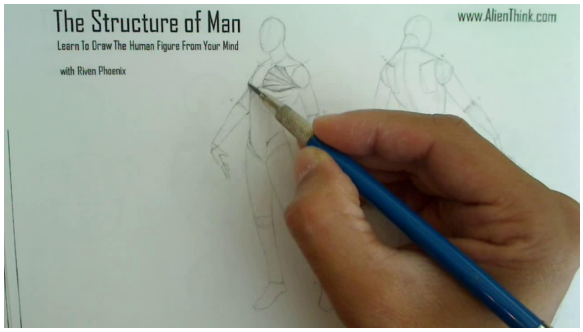
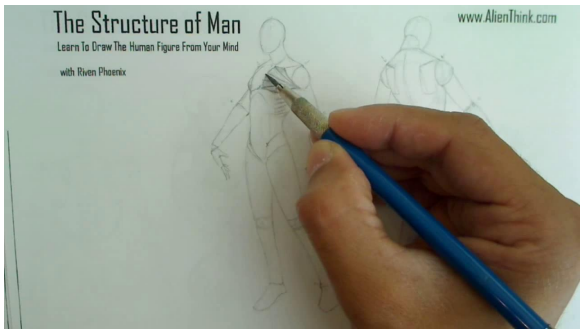
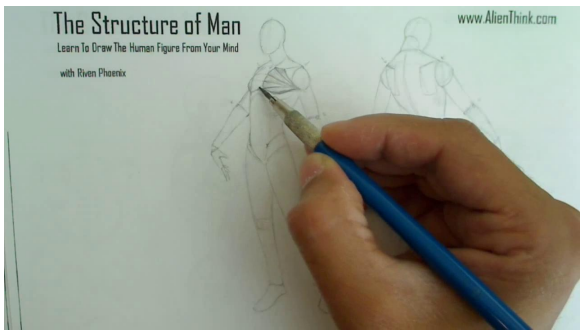
161		happens here, so now you know the right over here I'm going to get a dip and then it's going to
162		come like this, right, because it's going to be much more up anyways, right, you're going to get
163		like these three lines over here, right, you know that, right, it's really just going back into
164		that direction over there, just like this, right, and then you're going to get like a shadow

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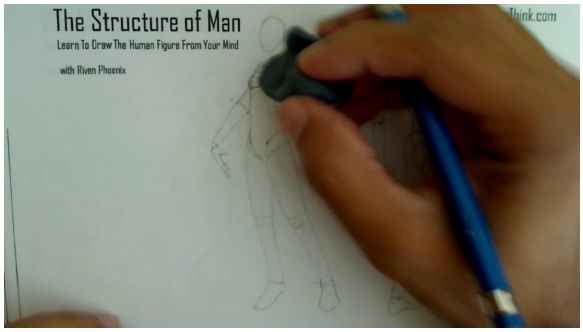
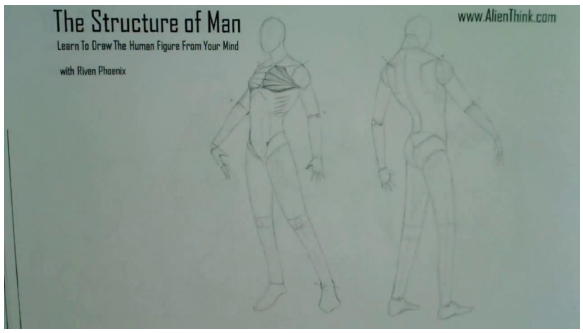
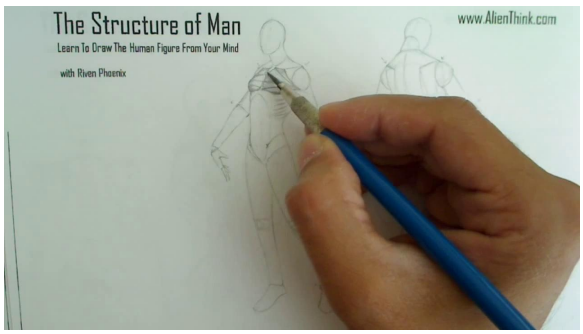
165		over here, so over here, we can just simply, now you might need to clean up some of this stuff
166		because I know this is just detailed work here, just keep a sharp pencil for this,
167		and just add all the muscles.
168		Where it's just simply put, that's how easy it's going to be, right, so here I can just lighten

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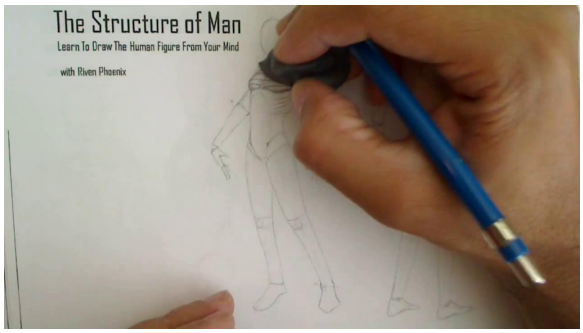
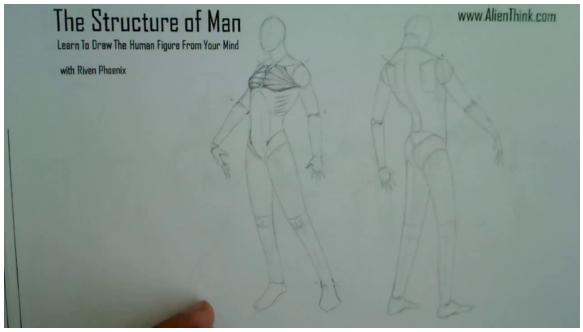
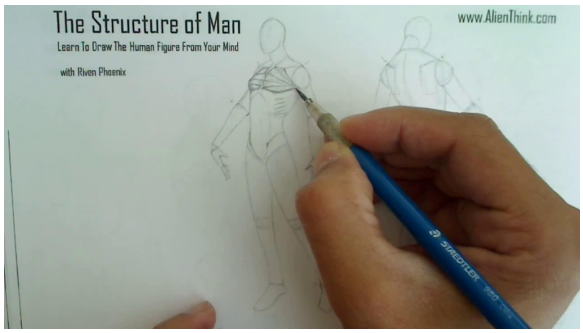
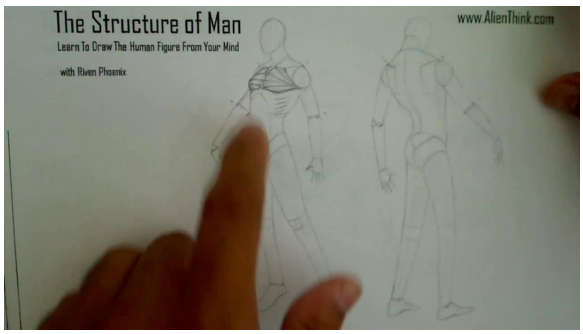
169		this up, right, just lighten it up, give it some highlights and try to bring it out a little more,
170		in this area over here, and then here in the bottom, it's just, you can just put this, right,
171		or we can render this later too, right, you don't have to mess with it until we get more information,
172		right, so now we know how the heck muscles work on the mannequin, right, we understand the connection

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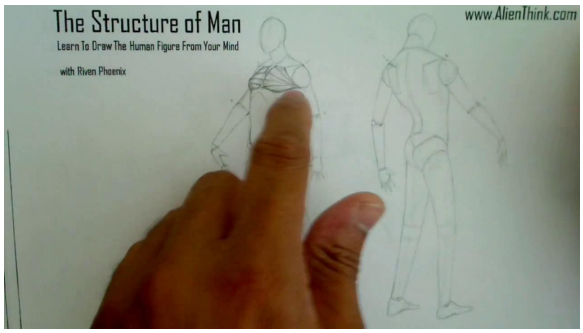
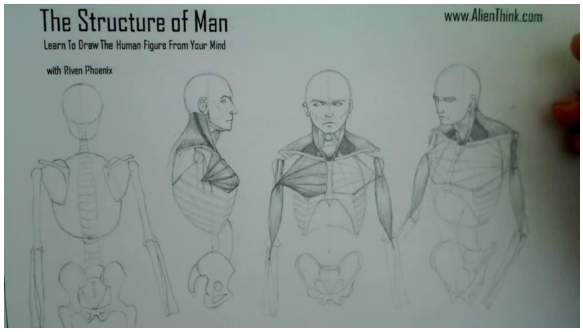
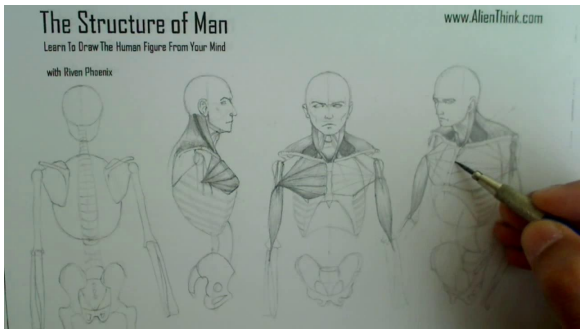
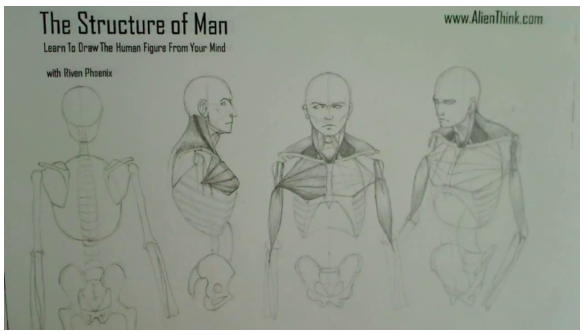
173		system, we're not going to worry about the bicep right now, okay, so I'm going to put that aside
174		and just make sure that we've gotten everything done here, right, so here I'm just going to move on
175		and really just finish these, right, so here I'm just going to put all the ideas for the muscles here,
176		so you can do that, so I'll see you in the next lesson, thank you.

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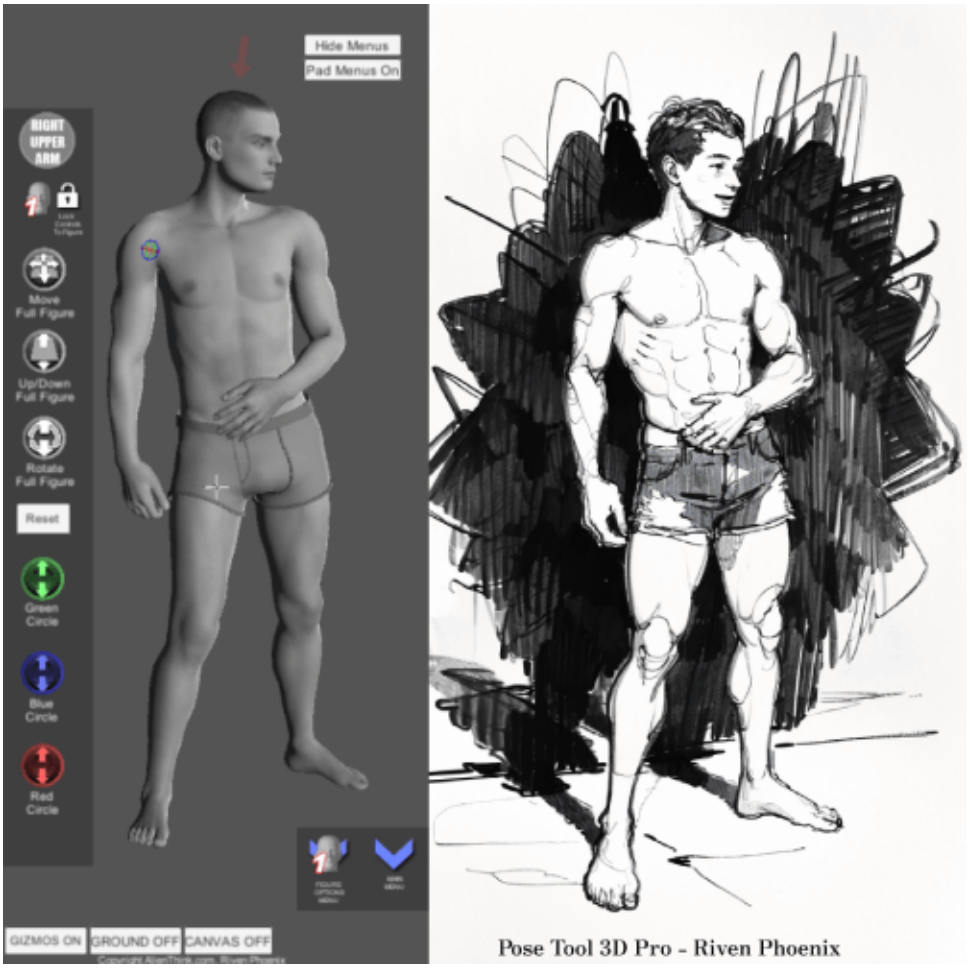

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